

Cauliflower Power



By

Mrs. Wong's Class

What super food has curds and is a flower? If you guessed cauliflower, you're right! There are four different colors of cauliflower to choose from; purple, white, yellow, and green.

There are many benefits for eating this healthy vegetable, like it helps your heart, lowers cholesterol levels, fights cancers, it's high in fiber, and has vitamins C, K, B6 and A. One cup of cauliflower has more vitamin C than an orange.

Cauliflower needs rich soil to grow. It starts off with four leaves and then it develops a flower in the middle. It takes eight weeks to be fully grown. Once it is the size of a tennis ball, farmers will band it. Banding is when a farmer takes the four big leaves that are on the outside of the flower and puts a band around them. If it is not banded, the cauliflower will turn yellow. People can eat cauliflower when it is yellow, but people don't realize that. People prefer eating a cauliflower that is white, green, or purple. Yellow cauliflower actually has more vitamin A than any other color.

Did you know that China, India, and California grow the most cauliflower? Also, there are five different ways to cook cauliflower? You can roast, boil, steam, bake, or keep it raw. Lastly, did you know that when you are eating a cauliflower that you are eating a FLOWER?

Cauliflower Breadsticks



Ingredients

1 head cauliflower, large (7" - 8" wide)

1/4 cup egg whites

1/2 cup + 3/4 cup (for topping) Mozzarella/Tex Mex cheese, shredded

1 tsp Italian herb seasoning or any dried herbs like rosemary, basil, parsley

1/4 tsp freshly ground black pepper

Pinch of salt

Marinara sauce for dipping

Directions

1. Preheat oven to 375 degrees F. Rinse cauliflower, remove outer leaves and separate into florets with a paring knife. Place cauliflower florets in a food processor and process until

"rice" texture. Some coarse chunks are fine.

2. Place in an oven proof baking dish (I used Pyrex pie dish) and bake for 20 mins. Remove cooked cauliflower from the oven and transfer to a bowl lined with a tea/linen towel. Let the cauliflower cool down a bit until it is safe to touch, about 15 minutes.

3. Fold the towel holding by the ends and squeeze the liquid out of the cauliflower "ball" as hard



as you can. Be patient and do this a few times until barely any liquid comes out. I squeezed out 1 cup of liquid. Second photo, from right to left: before squeezing, after squeezing, liquid squeezed out.



4. Increase oven T to 450 degrees F. Transfer cauliflower to a mixing bowl along with egg whites, 1/2 cup cheese, herb seasoning, black pepper, pinch of salt and mix to combine.

5. Transfer cauliflower mixture onto the baking sheet lined with parchment paper. Flatten with your hands into a rectangle, approximately 9" x 7" size and 1/4" thick.

6. Bake for 18 minutes, remove from the oven and top with remaining 3/4 cup cheese. Bake for another 5 minutes and then broil until cheese turns golden brown. Cut into 12 breadsticks and serve hot with warm marinara sauce, if desired. P.S. For a lighter version, do not top with cheese.



Storage Instructions: Refrigerate covered for up to 5 days. You can also freeze the breadsticks tightly wrapped in plastic, for up to 1 month. Thaw on a counter or in a microwave.

Nutritional Info (no cheese topping)

Servings Per Recipe: 12

Amount Per Serving = 1 breadstick:

Calories: 33.3

Total Fat: 0.9 g

Cholesterol: 2.5 mg

Sodium: 48.4 mg

Total Carbs: 3.8 g

Dietary Fiber: 1.8 g

Protein: 3.1 g

WW Points+: 1

Nutritional Info (with cheese)

Servings Per Recipe: 12

Amount Per Serving = 1 breadstick:

Calories: 53.0

Total Fat: 2.2 g

Cholesterol: 6.2 mg

Sodium: 107.6 mg

Total Carbs: 3.8 g

Dietary Fiber: 1.7 g

Protein: 4.9 g