

SAISD CHILD NUTRITION SERVICES
FRESH FRUIT & VEGETABLE PROGRAM

CAULIFLOWER



Cauliflower can be roasted, boiled, fried, steamed, or raw. The outer leaves and thick stalks are removed, leaving only the florets. The oldest record of cauliflower dates back to the 6th century B.C. Cauliflower is low in fat, low in carbohydrates and high in dietary fiber, folate, water, and vitamin C, possessing a high nutritional density.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER