



The Geneva School

2025 State Road 436, Winter Park, FL 32792

407-332-6363

October 24, 2014

CAULIFLOWER

Today students in grades 2-6 had a chance to taste cauliflower, both roasted and raw in a slaw type of salad.



A cruciferous vegetable in the same family as kale, broccoli, and cabbage, cauliflower is loaded with Vitamin C, manganese, antioxidants, and phytonutrients to help our body boost the immune

system, activate detoxification enzymes, and boost our anti-inflammation response to prevent cancers and fight inflammatory diseases. High in fiber, it also helps maintain a healthy digestive system.

A cool season vegetable, cauliflower grows well in Florida's winter. Enjoy it roasted, sautéed, boiled into soups, or raw in salads.

Roasted Cauliflower Popcorn

From *The Family Cooks* by Laurie David

1 large head cauliflower, cored and florets pulled apart
3 Tbsp. olive oil, plus more for baking sheet
1 1/2 tsp. salt

- Preheat oven to 450 degrees. Grease a baking sheet with olive oil.
- Toss cauliflower florets in a large bowl with olive oil and salt, making sure it is evenly coated.
- Dump cauliflower on baking sheet and place in oven to roast, shaking or stirring the pan every 10 minutes until evenly browned, about 30 minutes total cooking time.

Serves 4 as a snack or side dish

Cauliflower Ranch Salad

1 head cauliflower
2 tomatoes, chopped, or a pack of cherry tomatoes, chopped
6 Tbsp. mayonnaise
6 Tbsp. plain Greek yogurt
1 garlic clove, minced
2 tsp. each of dill, parsley, and chives
2 tsp. salt
1 tsp. pepper

- Cut the cauliflower into big pieces and grate with a grater or food processor, then place in a large bowl.
- Chop the tomatoes and add to the bowl.
- In a small bowl, combine the remaining ingredients, then mix with cauliflower and tomatoes.
- Refrigerate for several hours or overnight to blend the flavors.

Serves 10

Thank you to our parent volunteers who have worked with TGS Nurse's Clinic to make today's event a success.