**NUTRITION FACTS**

**Serving size:** ½ cup Alaska Grown cauliflower

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>Calories</td>
<td>15</td>
</tr>
<tr>
<td>Calories from Fat</td>
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</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>% Daily Value*</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
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</tr>
<tr>
<td>Sodium</td>
<td>15mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>3g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
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</tr>
<tr>
<td>Sugars</td>
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</tr>
<tr>
<td>Protein</td>
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<tr>
<td>Vitamin A</td>
<td>0%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>45%</td>
</tr>
<tr>
<td>Calcium</td>
<td>2%</td>
</tr>
<tr>
<td>Iron</td>
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*Percent Daily Values are based on a 2,000 calorie diet.

**BUYING AND STORAGE TIPS**

Look for heads that are white or vibrant in color, are compact, and feel heavy. Avoid heads that have separated or have bruising or damage.

Store in the crisper drawer of the refrigerator in a plastic or paper bag. Place stem side down to prevent the moisture from collecting in the florets. Fresh cauliflower stored in this manner will keep for 7-10 days.

**HEALTH BENEFITS**

- Fights cancer.
- Boosts heart health.
- Anti-inflammatory.
- Boosts brain health.
- Detoxification support.
- Digestive benefits.
- Antioxidants and phytonutrients.

**Kid Connection:** Purchase Alaska Grown cauliflower in multiple colors and varieties and have a ‘Taste Test of Colors.’

**Fore more information please contact:**
Alaska Division of Agriculture
1800 Glenn Highway, Suite 12
Palmer, Alaska 99645
Phone: 907-745-7200
www.facebook.com/dnr.alaskagrown

**ALASKA cauliflower**

The most versatile, healthy vegetable!
CAULIFLOWER PIZZA CRUST  
Serves 6

Ingredients:
½ head Alaska Grown cauliflower, coarsely chopped
¾ cup shredded Italian cheese blend
¼ cup chopped fresh parsley
1 egg
1 teaspoon chopped Alaska Grown garlic
Salt and ground black pepper to taste

Directions:
Place cauliflower pieces through the feeding tube of the food processor using the grating blade; pulse until all the cauliflower is shredded. Place a steamer insert into a saucepan and fill with water to just below the bottom of the steamer. Bring water to a boil. Add cauliflower, cover, and steam until tender, about 15 minutes.

Transfer cauliflower to a large bowl and refrigerate, stirring occasionally, until cooled, about 15 minutes. Preheat an oven to 450 degrees F. Line a baking sheet with parchment paper or a silicon mat. Stir Italian cheese blend, parsley, egg, garlic, salt, and pepper into cauliflower until evenly incorporated. Squeeze excess water from crust.

Pour mixture onto the prepared baking sheet; press and shape into a pizza crust. Bake in the preheated oven until lightly browned, about 15 minutes.

Recipe courtesy:
http://allrecipes.com/Recipe/Cauliflower-Pizza-Crust/?prop24=hn_slide2_ Cauliflower-Pizza-Crust&evt19=1

ROASTED GARLIC CAULIFLOWER  
Serves 6

Ingredients:
2 tablespoons minced Alaska Grown garlic
3 tablespoons olive oil
1 large head Alaska Grown cauliflower, separated into florets
½ cup grated parmesan cheese
Salt and black pepper to taste
1 tablespoon chopped fresh parsley

Directions:
Preheat the oven to 450 degrees F. Grease a large casserole dish. Place the olive oil and garlic in a large resealable bag. Add cauliflower and shake to mix. Pour into the prepared casserole dish and season with salt and pepper.

Bake for 25 minutes, stirring halfway through. Top with parmesan cheese and parsley, then broil for 3 to 5 minutes, until golden brown.

Recipe courtesy:
http://allrecipes.com/Recipe/Roasted-Garlic-Cauliflower/?prop24=hn_slide1_Roasted-Garlic-Cauliflower&evt19=1

FUN CAULIFLOWER FACTS

- Originally from Cyprus, cauliflower was introduced to France from Italy in the 16th century.
- Cauliflower is a flower that hasn’t fully developed yet.
- Cauliflower leaves are edible.
- Green cauliflower is actually a cross between cauliflower and broccoli.
- Cauliflower is white because as it grows, the head is surrounded and protected by leaves. The lack of sunlight results in no color pigmentation, leaving it white.
- Cooking for 30 minutes or more actually decreases cauliflower’s health benefits by 75%.

~ ALASKA FACT ~
The average summer growing season in Alaska is approximately 105 days.