



# FRUITS AND VEGETABLES GAZETTE

Volume 2, Issue 3

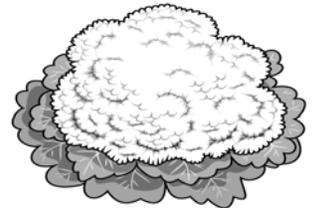
## *Did you know that . . .*

purple cauliflower is really a type of broccoli that turns green when cooked? Most cauliflower is white or creamy colored, but white cauliflower heads turn green if they get sunburned! Eating cauliflower helps protect against heart disease and cancer. Cauliflower is in the cabbage, or cruciferous, family of vegetables.

Newsletter developed by Kimberly Shafer, PhD, RD, and Mary Meck Higgins, PhD, RD, LD, CDE, K-State Research and Extension, Department of Human Nutrition, Kansas State University.

### **Selecting Fresh Cauliflower:**

- Look for a head that is clean, firm, solid and heavy. Any outer leaves should be fresh and green.
- Avoid heads that are light brown or that have spread out. Avoid those with a coarse appearance, and those with soft or discolored spots.



### **Handling and Preserving Cauliflower:**

- Refrigerate unwashed cauliflower in a perforated plastic bag. It will stay fresh from 2 days through 4 weeks.
- *To freeze:* Rinse, cut out any dark spots and trim off leaves. If head has insects, soak for 30 minutes in 4 cups cold water with 1 teaspoon each vinegar and salt. Place 1-inch pieces in a gallon of boiling water mixed with 3 tablespoons lemon juice (to prevent darkening) for 3 minutes. Drain. Place in ice water for 3 minutes and drain again. Pack into freezer bags.

### **Preparing Cauliflower:**

- Rinse under cool running water, trim leaves and remove dark spots. If head has insects, soak for 30 minutes in 4 cups cold water with 1 teaspoon each vinegar and salt.
- *To cook cauliflower:* Cut florets into same-size pieces. Steam, microwave, boil or stir-fry until fork-tender.

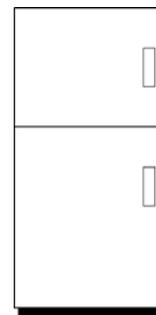
# From The Recipe Box

## Cauliflower Salad with Citrus Dressing

Serves 3

*You can quickly prepare this crunchy, colorful side dish a few hours -- or a day -- before serving time, so it is ready when you are.*

- 1/2 cup coarsely chopped cauliflower
- 2 tablespoons chopped green sweet bell pepper
- 2 tablespoons chopped red sweet bell pepper
- 1 tablespoon minced green onion or scallion
- 2 tablespoons orange juice
- 1 1/2 tablespoons lemon juice
- 1 1/2 tablespoons water
- 1 tablespoon salad oil
- 1/8 teaspoon ground black pepper
- 1 1/2 cups torn lettuce and/or fresh spinach leaves



1. Wash your hands and work area.
2. In a covered saucepan, boil cauliflower in a small amount of water until just tender, about 2 minutes. (Or cook covered in a microwave without water.) Drain immediately and let cool in a shallow dish, such as an 8 x 8 inch pan.
3. Add bell peppers and onion.
4. In a jar with a tight fitting lid, combine juices, water, oil and black pepper. Shake well. Pour over vegetable mixture. Stir gently.
5. Cover and refrigerate 2 or more hours to allow flavors to blend.
6. Just before serving, combine chilled vegetable mixture with lettuce or fresh spinach. Mix gently.
7. Cover and refrigerate leftovers within 2 hours.

Recipe from Fix It Fresh! Fruits and Vegetables Recipes series,  
at [www.oznet.ksu.edu/humannutrition/recipebook.pdf](http://www.oznet.ksu.edu/humannutrition/recipebook.pdf)

### Nutrition Facts

Serving Size: 3/4 cup

Calories: 60

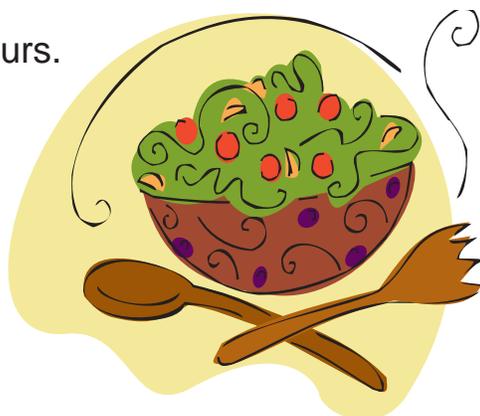
Total Fat: 4.5 grams

Cholesterol: 0 mg

Sodium: 10 mg

Total Carbohydrate: 4 grams

Protein: 1 gram



We invite you to try some of the white, tan or light-colored fruits and vegetables from the list below. This will help you add a greater variety of tasty, convenient and healthful fruits and vegetables to your diet.



- Bananas
- Dates
- Jicama
- Mushrooms
- Parsnips
- Shallots
- White corn
- Brown pears
- Jerusalem artichokes
- Kohlrabi
- Onions
- Potatoes
- Turnips



**White, tan and light-colored fruits and vegetables** are rich in many essential nutrients and healthful antioxidants. For example, onions contain a phytochemical called quercetin, which may reduce the risk for developing cancer, heart disease and ulcers. See if you can find the nourishing substances listed below in the word find puzzle.

- |          |           |            |           |
|----------|-----------|------------|-----------|
| allicin  | fiber     | folate     | manganese |
| niacin   | potassium | pyridoxine | quercetin |
| selenium | thiamin   | vitamin A  | vitamin C |



**The Food Assistance Program can help people with low income buy nutritious foods for a better diet. To find out more, contact your local SRS Service Center or call 1-800-221-5689.**

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## Broccoli and Cauliflower Soup

Serves 4

*This quick and easy blenderized soup is a creamy source of vitamin C and calcium.*

- 1 cup chopped broccoli
- 1 cup chopped cauliflower
- 1/4 cup chopped onion
- 1/2 cup chicken broth, low fat, low sodium
- 1 cup skim milk, divided
- 1 teaspoon cornstarch
- 1/4 cup (about 1 1/2 ounces) finely chopped cooked lean ham
- 1/8 teaspoon ground black pepper
- 2 tablespoons shredded Swiss or cheddar cheese



1. Wash your hands and work area.
2. In a covered saucepan, boil broccoli, cauliflower and onion in the chicken broth until tender, about 3 minutes. Remove from heat.
3. Pour half of the mixture and 1/2 cup skim milk into a blender. Blend until smooth. Return mixture to pan.
4. In a jar with a tight fitting lid, place 1/2 cup skim milk. Add cornstarch and shake well. Pour into soup mixture.
5. Add ham and pepper to mixture. Boil over medium heat about 5 minutes, stirring occasionally.
6. Add cheese and stir until melted. Serve hot.
7. Cover and refrigerate leftovers within 2 hours.

Recipe from Fix It Fresh! Fruits and Vegetables Recipes series, at [www.oznet.ksu.edu/humannutrition/recipebook.pdf](http://www.oznet.ksu.edu/humannutrition/recipebook.pdf)

### Nutrition Facts

Serving Size: 1/2 cup  
 Calories: 70  
 Total Fat: 2 grams  
 Cholesterol: 10 mg  
 Sodium: 200 mg  
 Total Carbohydrate: 7 grams  
 Protein: 7 grams



**Word Find Puzzle Key**