Caroline the Cauliflower

It's March and we are really excited to introduce our new Superhero vegetable of the month!

Can you guess who I am?

Who Am I?

- I am a white, fluffy vegetable that looks like a little cloud!
- I have a big, round head made up of tiny, soft pieces bunched together called florets.



Did You Know?

- I am part of the cabbage family, which consists of cruciferous vegetables
- I am usually a creamy white colour however I can also be green, orange and purple
- All parts of me can be eaten including the leaves and stem
- I can be used as a substitute for rice to get some extra vitamins and minerals

Where Can You Find Me?

- I grow best in cool climates and I am very sensitive to heat.
- I am quite difficult to grow as I require a consistent temperature
- I can be bought all year around from supermarkets.
- When growing I need a lot of space as I grow quite big and spread out widely

Why You Should Eat Me?

First of all I taste delicious but best of all!

- I provide **Vitamin C** which helps boosts your immune system and helps cuts heal
- I am high in **fibre**. This helps you digest food
- I contain **potassium** which is important for my nerves and muscles

Fun Ways to Eat Me

- I am vey versatile as I can be cooked in a variety of ways such as boiled, steamed, fried, baked or roasted
- I can be added to many different dishes such as stirfries, pasta and rice dishes

Turn over for a cool recipe!

LOW PROTEIN RECIPES

Cheesey Cauliflower Bites



Ingredients

- 1 head fresh cauliflower, (separated into florets)*
- 1 tablespoon olive oil
- 1 teaspoon garlic powder
- ½ teaspoon Italian seasoning
- Salt and pepper, to taste
- 200g low protein cheese such as Violife
- Herbs to garnish

*9 small florets (90 g) of cauliflower is free but thereafter each 90 g = 1 exchange

Method

- Preheat air fryer to 180 degrees
- Place cauliflower florets into a large bowl. Add olive oil, garlic powder, Italian seasoning, salt, and pepper. Stir to coat, making sure each piece is covered. Spread cauliflower in an even, single layer in air fryer basket.
- Air fry for 7 minutes; remove basket and shake. Then top cauliflower with cheese. Continue to air fry for an additional 3-5 minutes, or until cheese is melted and cauliflower is cooked through.