

February Produce Guide

February snow days make for great cooking adventures, here is some great seasonal produce to explore:

- Cauliflower
- Brussel Sprouts
- Shallots
- Broccoli
- Mushrooms
- Beets
- Collard Greens
- Sweet Potatoes

Below is a recipe featuring cauliflower. Here are a few of its health benefits as well as facts and tips about storing, selecting, and preparing this vegetable:



- In season year-round
- Very low in calories, only 26 calories in a cup
- Excellent source of Vitamin C, providing 80% of the recommended daily value in a cup
- Cauliflower has two parts. The (1) stem, which is green, and the (2) florets, which are the white cloudlike buds.
- When storing cauliflower:
 - If **whole**, stem and florets: refrigerate and store with stem side down, making small holes in the plastic bag or wrap on the floret side of the vegetable. This is so that water can escape without being caught in the florets. Cauliflower will store up to two weeks like this.
 - If **just florets**, refrigerate and place in a sealed plastic bag. This will store up to one week.
- Fun Fact: cauliflower was originally called ‘cyma’ and writings in the 1st Century AD, from the Roman author Pliny, describe how to grow and eat the vegetable.

Cauliflower Shells with Cheese (adapted from ChooseMyPlate.gov)

Serves 4

- 1 pound whole-wheat pasta shells
- 8 cups of water
- 2 cup chopped cauliflower
- 1 1/2 cup milk
- 1 teaspoon garlic salt
- 1/4 cup flour
- 1/4 cup vegetable oil
- 1 cup cheese of your choice

Instructions:

- 1) Fill 1 pot with 6 cups of water and bring to a boil. Once the water is boiling, add pasta and cook for 8 minutes.

- 2) Drain pasta and set aside, then fill the same pot with 2 cups of water, bring to a boil.
- 3) Place the chopped cauliflower in the boiling water and cook until the florets are soft (about 4 minutes). Drain cauliflower.
- 4) Placed the cooked cauliflower, 1/2 cup milk, and garlic salt in a blender and blend until smooth.
 - a) If a blender is not available, chop cauliflower very finely, then in a bowl mix together milk, garlic, salt, and chopped cauliflower. Stir and smush with a spoon until smooth.
- 5) In a separate pot, heat oil. Add the flour and whisk until the mixture is smooth. Add 1 cup of milk and cook the mixture until it bubbles and thickens. Add the cheese and cauliflower and mix.
- 6) Once the mixture is complete, remove from heat. Add the pasta back into the sauce and serve.

