



Thought Foodness



WEST VIRGINIA HARVEST™

Featuring
Tri-Colored Cauliflower 



Did You Know?

Tri-Colored Cauliflower

Where I grow best:

Tri-color Cauliflower loves cool weather and grows right on the ground. Its name means 'Cabbage Flower' because it's actually an underdeveloped flower – pretty cool, right?

My Nutritional Superpowers include:

Tri-color Cauliflower is packed with vitamins C and K, plus it has folate, choline, and powerful antioxidants to help keep you healthy!

I taste great in meals like:

Roasted Garlic Cauliflower, Crispy Parmesan Tri-Colored Cauliflower, Tri-Colored Cauliflower Salad

You can find **Tri-Colored Cauliflower** in the fresh and frozen section of grocery stores in **West Virginia** year-round!



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Recipe Spotlight

Balsamic & Garlic Cauliflower

Here is an easy way to try today's produce item in a meal at home!*

Cooking is a team effort. Make sure you are with a parent or guardian when attempting to prepare any item in the kitchen.

How to make it:

1. Preheat the oven to 375°F (190°C). Ask an adult for help!
2. Cut the cauliflower: Break or cut the white and purple cauliflower into medium pieces. Put them in a big pan.
3. Mix it up: Pour the olive oil, garlic powder, balsamic vinegar, salt, and pepper over the cauliflower. Shake the pan (or stir carefully) to cover all the pieces.
4. Roast: Place the pan in the oven and bake for 25-30 minutes until the cauliflower is soft.
5. Optional: Want to make it fancy? Add cheese or a little lemon juice before eating.

What you will need:

- ½ white cauliflower
- ½ purple cauliflower
- 2 tablespoons olive oil
- 1 tablespoon garlic powder
- 2 tablespoons balsamic vinegar
- A pinch of salt and pepper

*Please use Safe Food Handling Practices (<https://www.fda.gov/food/buy-store-serve-safe-food/safe-food-handling>) You must have a parent or guardian assist with any heating or cooking requirements associated with this recipe. Please ask a parent or guardian to assist with cutting fruits or vegetables.




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healthier
you!



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