

Cauliflower

- Cut into small pieces & boil 3-5 min.
- Roast in oven until crispy, add to vegetable dishes for texture, or chop florets in food process to mix into mash potatoes or use as a rice substitute.
- Eat soon (up to 1 week)

Store unwashed in dry plastic bags loosely sealed in fridge for 4-5 days.

To freeze: wash & cut into florets. Blanch 3 min, cool, dry, and store in plastic bag.

