

Grilled Cauliflower

Ingredients:

- Cauliflower
- No salt vegetable seasoning
- Olive oil



Directions:

Preheat electric skillet or frying pan, cut all green leaves off and discard, wash cauliflower thoroughly, cut cauliflower up into pieces, toss with no salt vegetable seasoning and olive oil, grill cauliflower until tender.

Buy heads that are firm -not quite fully developed - with clean white stalks. Avoid 'blown' woolly heads, speckled patches on the curd or limp leaves. Yellow curds are caused by too much sun, rain or frost - but the flavor should still be fine - disguise the color with a sauce. Green or purple cauliflowers should always be bright in color.

History:

Cauliflower is member of the cabbage family. However, despite its name - which literally means cabbage flower - it is not the flower of the cabbage. Cauliflower is considerably younger than cabbage, originating sometime after the beginning of the Common Era (the birth

of Christ), in the Mediterranean and Asia Minor.

Cauliflower took some time to move west, arriving in France and England in the early 17th century. Its introduction to the United States has been fairly recent. As with broccoli, it was much more popular in ethnic communities, especially with Italians, and was not developed commercially until the 1920s.

Cauliflower still isn't as popular as broccoli. Part of this may be price. A head of cauliflower is rarely as cheap as a head of broccoli. And part of it may be the color - or the absence of color. That may be remedied as purple and green varieties become more widely available.

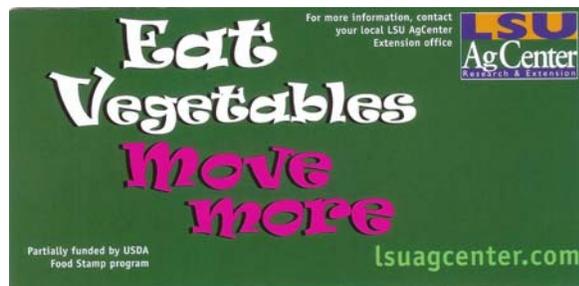
Nutritional Value/ 100grams

Cauliflower raw:

Water	88.4	grams
Protein	3.6	grams
Fat	0.9	grams
Carbohydrates	3.0	grams
Vitamin C	43.0	milligrams
Vitamin E	0.22	milligrams
Vitamin A	50.0	micrograms
Folate	66.0	micrograms
Iron	0.7	milligrams
Energy Value K cal	34 or 142	KJ
Vitamin B	0.28	milligrams
Dietary Fiber	1.8	grams
Niacin	0.6	milligrams

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