

Health Benefits of Cauliflowers

Thanksgiving is coming and people may start meal planning for Thanksgiving dinner. Some people may prefer low-calorie, nutrient-dense foods. Cauliflower have become a popular choice recently given that it replaces high carbohydrate grains and starchy vegetables. Cauliflower is a type of cruciferous vegetable, rich in fiber and low in calories. One cup of fresh cauliflower has 27 kcal and provides 2.1g fiber, the combination can promote satiety without overeating. Cauliflower is high in vitamin C and a good source of folate. It also contains antioxidants which may help to lower inflammation and protect against certain types of cancer. Cruciferous vegetables have a good effect on blood sugar level and some studies showed that high intake may lower the risk of type 2 diabetes. Cauliflower can be a substitute for rice, mashed potatoes and even crunchy snacks. The USDA dietary guideline recommended 2 1/2-3cups of vegetables/ day for adults and 1 1/2-2cups of vegetables per day for children. Hope you try the Creamy mashed cauliflower below!!



Creamy Mashed Cauliflower

Ingredients

Ingredient Checklist

- 8 cups bite-size cauliflower florets (about 1 head)
- 4 cloves garlic, crushed and peeled
- 1/3 Cup nonfat buttermilk (see Tip)
- 4 teaspoons extra-virgin olive oil, divided
- 1 teaspoon butter
- 1/2 teaspoon salt
- Freshly ground pepper to taste
- Snipped fresh chives for garnish

Instructions:

Step 1

Place cauliflower florets and garlic in a steamer basket over boiling water, cover and steam until very tender, 12 to 15 minutes. (Alternatively, place florets and garlic in a microwave-safe bowl with 1/4 cup water, cover and microwave on High for 3 to 5 minutes.)

Step 2

Place the cooked cauliflower and garlic in a food processor. Add buttermilk, 2 teaspoons oil, butter, salt and pepper; pulse several times, then process until smooth and creamy. Transfer to a serving bowl. Drizzle with the remaining 2 teaspoons oil and garnish with chives, if desired. Serve hot.

References

1. Culinary Corner. Revisit White Vegetables
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3. <https://www.eatingwell.com/recipe/248887/creamy-mashed-cauliflower/>