

# FOOD FACTS



## Broccoli & Cauliflower

### NUTRITION

- Broccoli is rich in vitamin C, Cauliflower is rich in vitamin K, both are rich in folate dietary fiber
- Vitamin C helps to growth and cell repair, when you fall and scrape your knee, to make new skin.
- Vitamin K helps clot your blood after you fall and scrape your knee. It also is important in keeping your bones strong.
- Folate helps your body make new cells. Your body needs folate to make new red blood cells and prevent anemia.

### Did You Know? (DYK)

- Broccoli has been growing for over 2000 years and was a favorite vegetable of the Romans. It originally was grown in the eastern Mediterranean region.
- Cauliflower is closely related to broccoli, but it has tight leaves protect the curd from sunlight. The lack of light does not allow chlorophyll to develop, keeping it white.

### PREPARATION & STORAGE

- You can buy broccoli and cauliflower fresh or frozen and eat it cooked, or raw, as a side dish or added to main meals.
- The stem should show no signs of wilting; it should be firm and not floppy.
- When cooking broccoli and cauliflower leave a little crunch in the bunch, should not be mushy. It taste better and has more vitamins when it isn't overcooked.

### ROASTED BROCCOLI AND CAULIFLOWER

#### Ingredients

- 2 cups washed and cut broccoli
- 2 cups washed and cut cauliflower
- 2 tbsp olive oil
- 1 cloves garlic minced
- ½ cup parmesan cheese grated
- Sea salt and ground black pepper to taste

#### Instructions

1. Preheat oven to 450°F.
2. Wash broccoli and cauliflower. Dry thoroughly.
3. Toss with olive oil and garlic. Add cheese and using your hands, massage the cheese into the crevices of the vegetables. Season with salt & pepper to taste.
4. Roast 10 minutes, stir and roast an additional 5-10 minutes or until vegetables are tender crisp.

