What are the health benefits of cauliflower?

• Cauliflower can be helpful for weight loss since it is low in calories, and high in fiber and water
• Cauliflower is high in vitamins C and K which work to keep your immune system and bones strong
• Cauliflower has a significant amount of antioxidants which can help reduce inflammation and help protect your body from developing chronic diseases

Fun ways to prepare cauliflower include:

- Cauliflower crust pizza
- Cauliflower “fried rice”
- Cauliflower stir-fry
- Buffalo cauliflower “wings”

Baked Buffalo Cauliflower Bites

Ingredients

- 1 head cauliflower cut into bite-sized pieces
- ½ cup flour
- ½ cup water
- 1 teaspoon garlic powder
- ¼ teaspoon paprika
- 2 tablespoons unsalted butter melted
- 2/3 cup buffalo sauce or hot sauce
- Salt and pepper to taste

Directions

- Preheat oven to 450° and spray a large baking sheet with a non-stick cooking spray.
- In a large bowl mix flour, water, garlic powder, paprika, salt and pepper. Add cauliflower and toss to coat.
- Add cauliflower to baking sheet then bake for 15 minutes, flipping once, halfway.
- In another bowl, combine melted butter and buffalo/hot sauce. Add the baked cauliflower florets to bowl and toss to coat.
- Place cauliflower back on baking sheet and bake for another 25 minutes, flipping once, halfway.
- Let sit for 10 minutes after removing from oven. Serve with carrots, celery, and your favorite dipping sauce.

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