Broccoli & Cauliflower: Too Good To Waste

**Store:** Refrigerate unwashed in an open plastic bag or original packaging for up to 1 week. Will keep well in a high humidity crisper drawer. Firm up by putting in 1 inch of cold water.

Freeze steamed or blanched florets for up to 18 months in an airtight container or bag.

**Cook:** Eat raw, steamed or roasted. Small florets: Steam 3-5 min. or roast at 425° for 8-10 min. Roast cauliflower florets at 375° for 40 min.

**Use it up:** Add to salads, soups, egg dishes or stir-fry. Add finely chopped or grated cauliflower to rice... and compost the rest.

Developed by LiveWellSD.org

Funded in part by the Centers for Disease Control and Prevention and in part by USDA SNAP-Ed, an equal opportunity provider and employer.