

Cauliflower Creations

This cruciferous veggie is a great source of vitamin C and folic acid, along with other anti-inflammatory plant compounds. Dip away!

DIP

Cut into small florets to enjoy with your favorite dip.

ROAST

Toss florets with olive oil, salt, and pepper and roast for 30 minutes. Enjoy "cauliflower popcorn."

SLICE

Slice raw cauliflower to make mini-platters and top with hummus and sliced olives.

