

FUEL **UP**

# 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.

