



Dietitian's Dish

Grill up a great Mother's Day!

What mom doesn't love being spoiled by her family? Grill up a great menu featuring her favorite protein, veggies, and fruit. Grilling fruits and vegetables changes their flavor profile, bringing out natural sweetness in both. Cauliflower is great on the grill – especially when kept whole. It requires minimal preparation and takes on flavors of the seasoning and smokiness of the grill.



Whether you grill, stir-fry, steam, mash, roast or make it into fritters – cauliflower is a versatile side to complement all your family's favorite entrees.

SELECTION: Choose a head with compact, creamy white curds and bright green, firmly attached leaves. Avoid brown spots or loose sections that are spread out.

STORE: Refrigerate in a plastic bag for up to 5 days.

NUTRITION: With minimal calories, no fat or cholesterol, low sodium, and good sources of Vitamin C and Folate it's a great choice.

Grilled Whole Cauliflower



Ingredients:

- 1 head of cauliflower
- 2 Tbsps. olive oil
- 2 tsps. prepared mixed spice seasoning (or garlic powder, paprika, salt and pepper)



Directions:

1. Break off any large and excess leaves on the bottom of the cauliflower. Use a large knife to cut the stem flat so the cauliflower sits without tipping over.
2. Set your grill heat to medium. Allow it to preheat to 400°F while you season the cauliflower.
3. Brush the cauliflower with the olive oil and sprinkle on seasonings. Place in a grill basket or onto a baking sheet for stability. Put it on the grill and roast for 25-30 minutes; until the flesh of the cauliflower is fork tender and the top begins to brown.
4. Serve immediately by slicing off large pieces.