

# 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.



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