

SAISD CHILD NUTRITION SERVICES
FRESH FRUIT & VEGETABLE PROGRAM

GREEN CAULIFLOWER



Cauliflower isn't just white, it can be green, too! This special cauliflower gets its color from chlorophyll, which is the same stuff that gives plants their color. Green cauliflower is a little sweeter and milder than the white version. It is packed with lots of vitamins and minerals that help keep our bodies strong and healthy. You can eat cauliflower raw, steamed, roasted, or even in soups and salads.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER