

SAISD CHILD NUTRITION SERVICES  
FRESH FRUIT & VEGETABLE PROGRAM

# ORANGE CAULIFLOWER



Cauliflower is usually white, but there's a cool orange version. The orange color comes from natural pigments called beta-carotene, which is also found in carrots. Beta-carotene not only gives the cauliflower its eye-catching hue, but is also good for our eyes and skin. Orange cauliflower tastes just like the white kind - it's crunchy and delicious.

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