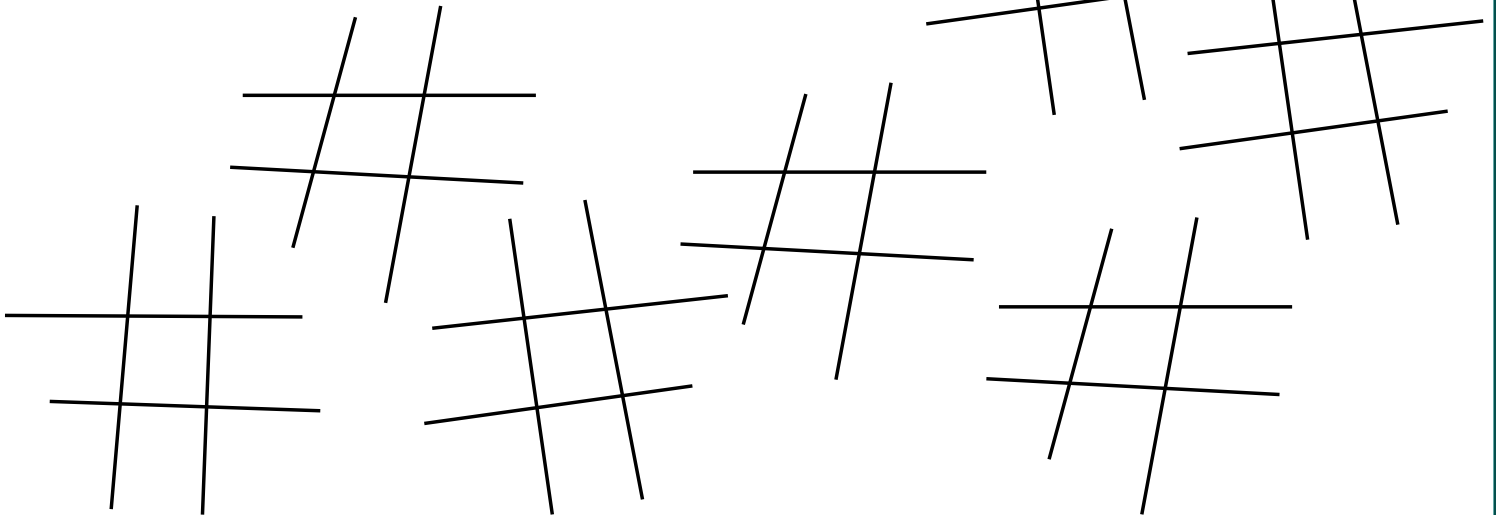




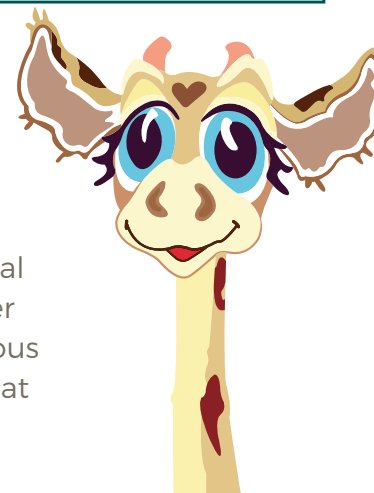
What's your fooditude?

ELEMENTARY EDITION NEWSLETTER JUNE

LET'S PLAY TIC TAC TOE!



Cauliflower is a cruciferous vegetable that is naturally high in fiber and B-vitamins. It provides a high level of antioxidants and phytonutrients that can protect against cancer. It also contains fiber to enhance weight loss and digestion, choline that is essential for learning and memory and many other important nutrients. Cauliflower is delicious raw and cooked, Jillian's favorite way to eat cauliflower is to roast it in the oven.



ROASTED CAULIFLOWER

INGREDIENTS

1 head cauliflower, cut up
Extra virgin olive oil, to coat
sea salt
coarsely ground black pepper

DIRECTIONS

Preheat oven to 375 degrees. Place cauliflower in a large mixing bowl. Pour on enough olive oil to coat (a few tablespoons). Season generously with salt and pepper and toss gently until evenly coated.

Lay cauliflower pieces out on a baking sheet. Drizzle any remaining oil from the bowl on top. Bake, turning once, until caramelized on edges and tender, 25 to 30 minutes. Serve warm or at room temperature, as a side dish. You can also sprinkle it with a very good aged vinegar. Or, cut florets into smaller pieces and add to salads.

