

Nutrition Bites



White Vegetables: More Than The Eye Can See

White vegetables such as cauliflower, garlic, ginger, Jerusalem artichoke, jicama, kohlrabi, mushrooms, onions, parsnips, potatoes, shallots, and turnips contain nutrients such as beta-glucans, EGCG, SDG, and lignans that provide powerful immune boosting activity.

These nutrients also activate natural killer B and T cells, reduce the risk of colon, breast, and prostate cancers, and balance hormone levels, reducing the risk of hormone-related cancers.

Featured Vegetable

Cauliflower

- ✓ wound repair, healthy gums, & reduction of bruising (vitamin C)
- ✓ helps prevent calcification of arteries (vitamin K)
- ✓ assists body's detoxification process (antioxidants, sulfur, and glucosinolates)
- ✓ high antioxidant content (vitamin C, manganese, beta-carotene, quercetin)
- ✓ anti-inflammatory (vitamin K, glucosinolates, Omega-3 fatty acids)
- ✓ helps balance blood pressure (potassium)
- ✓ digestive support (fiber)
- ✓ enhances nutrient absorption and prevents anemia (folate)



Cauliflower, a cruciferous vegetable, is in the same plant family as broccoli, kale, cabbage and collards. The milk, sweet, almost nutty flavor of cauliflower is at its best from December through March when it is in season.

This Week's Recipe

Cauliflower "Couscous"

Makes 6 servings

Dressing:

- 6 large (1 cup loosely packed) fresh basil leaves
- 2 tablespoons lemon juice
- 1 tablespoon lemon zest
- 1/4 cup extra-virgin olive oil
- 1 teaspoon maple syrup
- 1 Tbs unsalted butter

Couscous:

- 1 Tbs extra-virgin olive oil
- 3/4 cup medium red onion, finely diced
- 7 cups cauliflower, florets and stalks finely chopped
- 1 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper

1 Combine the basil, lemon zest and juice, oil, and maple syrup in a blender. Purée and transfer to a jar with a tight-fitting lid. The sauce will keep in the refrigerator for about 7 to 10 days.

2 Melt the butter with the olive oil in a chef's pan or wok large enough to hold all the cauliflower over high heat. Add the onion and saute until the onion softens, about 4 minutes.

3 Add the cauliflower, stir thoroughly, salt and pepper liberally, and cook until the cauliflower softens, about 10 minutes.

4 Add 1/2 of the sauce and cook until tender and fragrant, another 10 minutes. Adjust the salt, add the remaining sauce, mix thoroughly.

Good source of vitamins C, B6 and Folate. Notable minerals: Potassium, Magnesium, Phosphorous
Nutritional Info per serving: 101 cal | Protein 2.6 g | Fat 6.7 g | Carbs 9.4 g | Sugar 4.4 g | Fiber 3.35 g