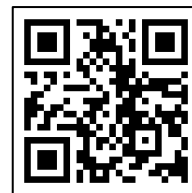


Cornell University
 Cooperative Extension
 New York City



Cauliflower and Tomato Salad

Yields 9 servings (½ cup each)

Ingredients

- 1 large cauliflower, chopped and cooked
- ½ red onion or ½ scallion bunch, finely chopped
- 2 medium tomatoes, finely chopped
- ½ cilantro bunch or ½ cup fresh cilantro, finely chopped
- 2 tablespoons of fresh lime juice, or juice from 1 lemon
- 2 tablespoons extra virgin olive oil
- ¼ teaspoon black pepper
- ¼ teaspoon, salt

Instructions

1. Wash all vegetables with cold, running water. Carefully wash the cilantro in a bowl full of water and rinse the bowl several times.
2. Chop the cauliflower into small florets, not very fine. Boil water in a saucepan. When the water boils, add the cauliflower and let it boil for 3 to 5 minutes. Drain the cauliflower and set aside in a large bowl.
3. Finely chop the onion, tomatoes and cilantro. Add these vegetables to the bowl with the cauliflower.
4. Add the olive oil, lime juice, black pepper and salt (optional). Mix well.
5. Serve immediately or store in refrigerator for up to two days.

Helpful Information

- Cauliflower can be found in shades of white, orange, purple, and green. No matter the color, the taste is the same: mild, a little sweet and a little nutty. You can steam, boil, puree, roast or stir-fry cauliflower.
- One cup of raw or cooked cauliflower has 100% of the daily recommended amount of vitamin C, also has vitamin K, calcium, iron, potassium and magnesium, and lots of water so it can keep you hydrated.
- High-fiber foods such as cauliflower may cause bloating and gas, especially for people with irritable bowel syndrome, inflammatory bowel disease, Crohn’s disease, and ulcerative colitis.

Source: CUCE-NYC FMNP Recipe Collection 2022

To find farmers’ market recipes, please go to: <http://nyc.cce.cornell.edu/farmers-market-recipes/>

To find recipe videos, please visit our YouTube channel at: **Farmers Market Recipes CCE NYC**

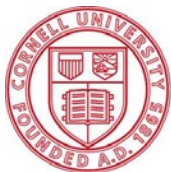
Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

This material was funded in part by USDA’s Expanded Food and Nutrition Education Program.

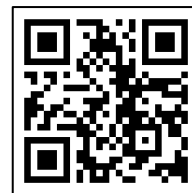
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Nutrition Facts	
Servings Per Recipe	9 servings
Serving size	½ cup
Amount per serving	
Calories	60
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 7g	3%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 36mg	2%
Iron 1mg	6%
Potassium 404mg	8%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Label analysis based on ingredients listed.	



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Ensalada de Coliflor y Tomate

Rinde 9 porciones (½ taza cada una)

Ingredientes

- 1 coliflor grande, cortada y cocinada
- ½ cebolla roja ½ racimo de cebollines, finamente picado
- 2 tomates medianos, finamente picados
- ½ racimo de cilantro o ½ taza de cilantro fresco, finamente picado
- 2 cucharadas de jugo de limón fresco o el jugo de un limón
- 2 cucharadas de aceite de oliva extra virgen
- ¼ de cucharadita de pimienta negra
- ¼ de cucharadita de sal

Instrucciones

1. Lave todos los vegetales. Lave cuidadosamente el cilantro en un tazón lleno de agua y enjuague el tazón varias veces.
2. Corte el coliflor en trozos pequeños, pero no muy finos. Ponga agua a hervir en una olla. Al hervir el agua, agregue la coliflor and déje que hierva de 3 a 5 minutos. Escorra el agua de la coliflor y déjela en un tazón grande.
3. Pique finamente la cebolla, los tomates y el cilantro. Agregue estos vegetales al tazón con la coliflor.
4. Agregue el aceite de oliva, el jugo de limón, la pimienta negra, y la sal (opcional). Mezcle bien.
5. Sirva inmediatamente o guárdelo en el refrigerador hasta dos días.

Información Útil

- La coliflor puede ser de color blanco, anaranjado, morado, o verde. Sin importar el color, todas tienen el mismo sabor: un sabor suave, un poco dulce y un poco con sabor a nuez. Puede cocinar al vapor, hervir, hacer un puré, asar or sofreír la coliflor.
- Una taza de coliflor cruda o cocinada tiene el 100% de la cantidad recomendada de vitamina C, también tiene vitamina K, calcio, hierro, potasio y magnesio, y mucha agua así para mantenerle hidratado.
- Comidas altas en fibra como la coliflor, pueden causar hinchazón y gas, especialmente en personas con síndrome del intestino irritable, enfermedad inflamatoria intestinal, enfermedad de Cron, y colitis ulcerosa.

Source: CUCE-NYC FMNP Recipe Collection 2022

Por favor vea recetas de los mercados en nuestro sitio web: <http://nyc.cce.cornell.edu/farmers-market-recipes/>

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Total Sugars 3g	
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