



## FOOD FOR THOUGHT:

# Clever Cauliflower

### CAULIFLOWER FUN FACTS:

- White cauliflower is the most common color of cauliflower, but they also come in green, purple, orange, and yellow.
- Cauliflower was originally grown in Asia around the Mediterranean Sea.
- China is the world's leading producer of cauliflower.
- California is the major cauliflower-producing state in the US.
- The preferred time to grow cauliflower in Texas is during the fall for a winter harvest because they are a cool-season crop.



### TRY THIS AT HOME!

- Enjoy cauliflower on its own: raw or cooked.
- Roasted with parmesan cheese.
- Dipped in ranch or hummus.
- Add cauliflower to a salad or on pizza.



### DID YOU KNOW?

- Cauliflower is actually a flower that has not fully developed yet. The flowers are not allowed to develop and instead form tight clusters.
- A head of cauliflower is also known as the curd.



### TRIVIA QUESTION:

Cauliflower is in the same family as...

- A BROCCOLI**   **B KALE**   **C BRUSSELS SPROUTS**   **D ALL OF THE ABOVE**

Flip page for answer \*



### KALE-N' IT BUFFALO CAULIFLOWER PIZZA

Servings: 6 (1 pizza each)

#### Ingredients:

- ½ small head cauliflower, small pieces
- 1 bunch kale, finely chopped
- 1 Tablespoon olive oil
- 6 each 6-inch Pita Bread
- ½ batch buffalo chickpea dip  
(*Flip page for recipe*)
- Salt and pepper, to taste
- Buffalo sauce (drizzle on top)

#### Instructions:

1. With adult supervision, preheat oven to 375F.
2. Prep and measure ingredients.
3. Mix together cauliflower, kale, oil, salt and pepper in a large bowl.
4. For assembly: spread 2 tablespoons Buffalo Chickpea Dip on 1 pita bread and top with 1 cup cauliflower kale mix.
5. Bake pizzas for 7-10 minutes or until crust is golden brown.
6. Drizzle buffalo sauce on top to taste (optional).
7. Serve and enjoy!



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## SOLVE THE WORD SEARCH



GREEN  
HEALTHY  
CAULIFLOWER  
WINTER  
CURD  
ROASTED  
TEXAS  
SALAD  
WHITE  
ORANGE  
YELLOW  
CALIFORNIA  
PURPLE  
ASIA  
CROP  
CHINA

## BUFFALO CHICKPEA HUMMUS RECIPE:



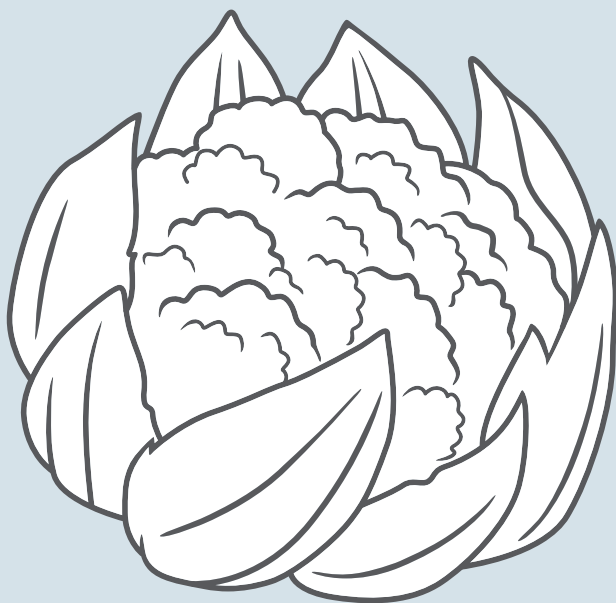
### INGREDIENTS:

- 8 oz. Fat-free Cream Cheese
- 1 14.5 oz. can of Chickpeas
- 2 Tablespoon Aquafaba (Chickpea Juice)
- ½ cup Buffalo Sauce

### INSTRUCTIONS:

1. Prep and measure all ingredients. Reserve the drained aquafaba.
2. Combine chickpeas, aquafaba and Buffalo Sauce in a blender/food processor until smooth.
3. Add cream cheese to blender/food processor and blend together ingredients until smooth.
4. Use for Kale-N' It Buffalo Cauliflower Pizza recipe!

## COLOR IN THE CAULIFLOWER



Answer: D

