**Broccoli and Cauliflower Slaw**

**Yield:** 50 ½ cup servings; 50 ¼ cup servings of dark green vegetable or other (cauliflower) vegetable and of other (cabbage) vegetable

**Salad Ingredients:**
- 4 heads broccoli and/or cauliflower
- 4 heads cabbage
- 2 cups sunflower seeds
- 1 ½ cups raisins
- 8 cloves garlic
- salt and pepper, to taste

**Yogurt Ranch Dressing Ingredients:**

**Yield:** 1 quart
- 1 ¼ cups nonfat plain yogurt
- 1 ½ cups lowfat buttermilk
- ½ cup mayonnaise
- 2 ½ Tbsp. of finely chopped chives or green onion
- 1 tsp. dill mustard
- 1 tsp. garlic powder
- 1 tsp. salt and pepper

**Directions:**
1. Trim broccoli, then slice into small pieces.
2. Slice cabbage into strips; a mandolin could be helpful here.
3. Toss broccoli and cabbage with seeds and cranberries or raisins.
4. Press garlic and mix in.
5. Dressing: Whisk together dressing ingredients and pour over the slaw.
6. Add salt and pepper, to taste.

Source: GMFTS.

**Cauliflower Gratin**

**Yield:** 50 ½ cup servings of other vegetable

**Ingredients:**
- 6 large heads of cauliflower
- 2 cups grated cheddar
- 2 cups mascarpone
- a pinch of nutmeg
- salt and pepper, to taste

**Directions:**
1. Preheat the oven to 375°F and bring a large pot of water to boil.
2. Separate the cauliflower into florets, removing the core and leaves.
3. Blanch the cauliflower in a large pot of salted boiling water, leaving some crunch, about 3 minutes.
4. Immediately submerge the cauliflower in ice water to stop the cooking.
5. Heat the cream to near boil, being careful not to boil over.
6. Add the mascarpone to the cream with a whisk and cook over medium-low heat about 5 minutes, until slightly reduced.
7. Add the cheddar to the cream mixture, whisking constantly and season with salt, white pepper and nutmeg.
8. Add the cauliflower and fully incorporate.
9. Spread the gratin mix in a baking dish large enough to accommodate all the florets in a single layer.
10. Place the gratin dish on a sheet pan and bake about 20 minutes, until bubbling and nicely browned.

Source: Weston Nicoll, Chef-Owner of Café Shelburne.

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**Tidbit**

Broccoli and cauliflower can be eaten raw, steamed, boiled or roasted and absorb flavors well. Their “heads” are comprised of flower buds. If eating the veggies raw, experiment with dipping sauces, such as hummus; if eating them cooked, try a stir fry!

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**Cooking Tips**

- Broccoli stems take longer than the florets, so cook them separately for a few minutes before adding the rest; cutting the stems into smaller trunks can expedite this process.
- Cauliflower cooks quickly (a few minutes)— it will become mushy if you overcook it.

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**Harvest of the Month** provides resources for the cafeteria, classroom, and community to promote the use of local, seasonal foods.
Mini Activity
Taste test broccoli and cauliflower with a variety of dips. This idea would work well for schools participating in the Fresh Fruit and Vegetable Program. Test what dips kids like best!

Selection
Choose broccoli and cauliflower that has a firm, compact, evenly colored head that doesn’t have open flowers. Fresh broccoli and cauliflower will have leaves that are not wilted and firm stalks.

Storage Tips
- Store in the refrigerator in a perforated plastic bag for 5-10 days. Do not wash before storing and make sure the heads are dry.
- To freeze: blanch and place in a labeled and dated freezer-grade bag. Frozen broccoli and cauliflower will keep for about a year.

Benefits
- Broccoli is an excellent source of vitamin C and the mineral postassium; it is a good source of B9 (folic acid) and dietary fiber. Similar to other members of Brassicaceae, broccoli contains beta-carotenes.
- Cauliflower is an excellent source of vitamin B9 (folic acid) and C, as well as the mineral potassium.

Kid-Friendly Eating Tips
- Pair raw broccoli or cauliflower with a hummus, ranch or salsa dip.
- Add chopped raw broccoli or cauliflower to a pasta dish or green salad.
- Steam either veggie and mix into a stir fry.
- Mash cooked cauliflower; add herbs, a bit of cheese, olive oil and voila, it’s like mashed potatoes!


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