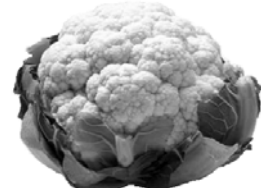




Washington
Farmers Market
Nutrition Program

Cauliflower in Yogurt-Cumin Sauce

Makes 3 servings



Ingredients:

1-1/2 cups fresh peas, shelled
and washed
1 cup water
2 cups small cauliflower florets
1/8 tsp salt
1/2 cup plain low-fat yogurt
2 tbsp fresh cilantro, chopped
2 tsp lemon juice
1/8 tsp ground cumin*
1 dash white pepper

Directions:

1. Bring water to a boil in a large saucepan; add peas and cauliflower. Cover and cook for 7 minutes or until crisp-tender. Drain well and place in a bowl. Add salt and toss well.
2. Combine yogurt, cilantro, lemon juice, cumin and white pepper; stir well.
3. Pour yogurt mix over cauliflower mix and toss gently.
4. Refrigerate any leftovers.



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Nutrition Facts	
Serving Size (236g)	
Servings Per Container	
Amount Per Serving	
Calories 70	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 13g	4%
Dietary Fiber 4g	17%
Sugars 7g	
Protein 5g	
Vitamin A 4%	• Vitamin C 60%
Calcium 8%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Cauliflower in Yogurt-Cumin Sauce

Options

- Thaw and use frozen peas instead of fresh peas.
- Use low-fat sour cream instead of yogurt for a creamier low-fat sauce.
- Try using fresh parsley instead of cilantro.
- Substitute black pepper for white pepper.
- Add celery or cucumber.
- Omit the salt if desired.

Adapted from *How Does Your Garden Grow?* University of Wisconsin Cooperative Extension, 2003.
 This material funded by USDA's Food Stamp Program; the Farmers Market Nutrition Program; and Washington State University. Washington State University is an equal opportunity provider and employer.

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