

Cauliflower Paprika

1 medium head of cauliflower, about 1 1/2 pounds
1/4 cup water
1/2 Tablespoon margarine (1 1/2 teaspoons)
1/4 teaspoon salt, if desired
Dash paprika

Trim leaves and wash cauliflower. Separate into flowers. Place in microwave safe casserole with 1/4 cup water. Cook, covered, on full power about 7-8 minutes. Stir one time while cooking. Season with margarine and salt, if desired. Sprinkle with paprika just before serving.

Tossed Salad and Dressing

Make a toss salad using any combination of the following raw vegetables: lettuce, cucumber, tomato, pepper, cabbage, celery, carrot, radish, avocado, spinach, kale, cauliflower, broccoli, or onion. Top with one of the following dressings to keep the fat calorie level low:

Russian Dressing
1 cup lowfat (1%) cottage cheese
1/4 cup lemon juice
1/2 cup tomato juice

Blend all ingredients together with hand beater until very smooth. Store in covered jar in refrigerator.

Tomato Dressing
1 cup tomato juice
2 Tablespoons lemon juice or vinegar
2 Tablespoons onion, minced
1/8 teaspoon pepper
pinch garlic powder, if desired

Combine all ingredients in blender and mix thoroughly or shake vigorously in a tightly covered jar. Store in refrigerator.

Nutrition Facts

Servings Per Recipe: 6

Amount Per Serving

Calories 36	26% of total calories from fat
Total Fat 1g	Sodium 107 mg
*Vitamin A 1%	*Vitamin C 105%
*Calcium 3%	*Iron 3%

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Released by Gail M. Hanula, MS, RD, LD, Family Nutrition Program Specialist
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Nutrition Facts

Russian Dressing

Servings Per Recipe: 28 (1 Tablespoon each)

Amount Per Tablespoon

Calories 7	10% of total calories from fat
Total Fat .1g	Sodium 49mg
*Vitamin A 0%	*Vitamin C 3%
*Calcium 1%	*Iron 0%

Nutrition Facts

Tomato Dressing

Servings Per Recipe: 20 (1 Tablespoon each)

Amount Per Tablespoon

Calories 3	4% of total calories from fat
Total Fat .01g	Sodium 44mg
*Vitamin A 0%	*Vitamin C 5%
*Calcium 0%	*Iron 0%

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