

Cauliflower Is Versatile, Low-Cal

By ELLY

The season for locally grown cauliflower is at its peak and prices are accordingly low. When selecting cauliflower, choose one with a white, tightly packed head without spots or bruises. The outside leaves should be fresh and green. Remove the leaves and stem and soak in cold water, head down for half an hour.

The raw flowers are an excellent addition to a relish tray. Dill flavored sour cream goes well with cauliflower as a dip. Slices of the raw flowers give a tossed salad added eye and taste appeal.

According to the calorie counters, there are just 25 calories in one quarter head of cauliflower.

CAULIFLOWER WITH MUSHROOM SAUCE.
1 large head cauliflower
2 T. butter
3 T. flour
1 medium can cream of mushroom soup (not the condensed variety)
1 thin slice toast, finely crumbled
1/4 c. grated American cheese
Cook whole head of cauliflower in boiling salted water until tender, about 20 minutes. Melt the butter. Add the flour and blend well. Cook until bubbling. Add the soup and cook stirring constantly until thickened.

Arrange the cauliflower head in a heated serving bowl. Pour mushroom sauce over top. Sprinkle with the toast crumbs and cheese. This will serve five.

CAULIFLOWER - CRABMEAT CASSEROLE
1 medium sized cauliflower
1 c. crabmeat
1 can condensed celery soup
2/3 c. milk
1/2 c. grated cheese
Separate cauliflower into flowerets; boil in salted water until tender. Drain and place in a greased casserole. Flake crabmeat and add celery soup and milk. Pour crabmeat mixture over the cauliflower. Top with grated cheese. Sprinkle with paprika. Bake in a 375 degree oven 30 minutes or until browned. Makes about six servings.

CREAM OF CAULIFLOWER SOUP
1 small head cauliflower
1 to 1-1/2 c. milk
3 T. butter
2 or 3 medium-sized slices of onion
3 T. flour
1-1/2 t. salt
few grains pepper
3 c. milk
1/3 c. cream (optional)
Separate cauliflower into tiny flowerets; there should be about one quart. Cook covered in one to 1-1/2 cups salted milk in top of double boiler until very tender. Reserving a few flowerets for garnish, press the remainder through a sieve or use blender. Add cooking liquid to measure two cups. Heat butter, add onion and simmer about five minutes or until soft but not browned. Stir in flour and seasonings. Remove from heat and slowly add milk, stirring until well blended. Return to low heat and cook until thick and smooth, stirring constantly. Add cauliflower pulp. Reheat before serving, adding cream if desired. Garnish with a few tiny flowerets and paprika. Makes about six servings.

CAULIFLOWER POLONAISE
Brown one-half cup dry bread crumbs in one third cup butter. Add 1-1/2 tablespoons lemon juice, salt and pepper to taste and a dash of paprika. Sprinkle over hot cooked cauliflower in serving dish.

BERMUDA SALAD
1 large head cauliflower
2 large Bermuda onions
1 large head lettuce
1 3-ounce package blue cheese, crumbled
Separate cauliflower into flowerets and slice. Slice onions thinly. Break or cut lettuce into bite-sized pieces. Toss vegetables with crumbled cheese. Serve with vinegar and oil dressing.

Fad Diets Cheat Public

Medical frauds and reducing schemes cost the public over \$100 million annually, according to Anita Dean, food and nutrition specialist with the Cooperative Extension Service at Michigan State University. Some suggested diets are actually dangerous. Mrs. Dean explains: "Young girls place themselves on low protein diets. Middle-aged obese men switch to extremely high fat diets."

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