



Recipe #417 Diabetic Friendly Cauliflower Serving Size and Ingredients: 4 oz.

25 Servings	50 Servings	100 Servings	Ingredients
3-1/4 lbs.	6-1/2 lbs.	13 lbs.	Cauliflower, Frozen
2-1/2 Tbsp.	1/3 Cup	2/3 Cup	Margarine, Melted
1/2 tsp.	1 tsp.	2 tsp.	Salt

Recipe # 471 Diabetic Friendly Cauliflower Instructions:

- 1. Cook frozen cauliflower in boiling water for about 12-15 minutes. Drain well.**
- 2. Add melted margarine and salt; Mix lightly to combine.**