

Cheesy Roasted Cauliflower

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Serves: 8

Prep: 5 minutes | **Cook:** 35 minutes

INGREDIENTS

- 1 head of cauliflower, cut in small pieces
- 2 tablespoons olive or canola oil
- 1/4 teaspoon each salt and pepper
- 1/2 cup shredded parmesan cheese

DIRECTIONS

1. Preheat oven to 450°F.
2. Cut cauliflower florets off of stem. Discard stem, and wash and dry florets.
3. Place cauliflower in a large bowl. Add oil and mix well. Season with salt and pepper.
4. Spread cauliflower on a large baking sheet. Bake for 15-20 minutes, or until cauliflower start to soften and brown.
5. Sprinkle with cheese and roast for an additional 5-10 minutes.

Notes:

- Make it your own by adding seasonings like garlic powder, curry powder or balsamic vinegar before roasting cauliflower.
- Adding fresh herbs like parsley or cilantro after cooking adds color and flavor.



Nutrition Information	
<i>Serving size: 1/8 of recipe</i>	
Calories	70
Total fat	5 g
Saturated fat	1 g
Cholesterol	4 mg
Sodium	171 mg
Carbohydrates	4 g
Fiber	1 g
Sugar	1 g
Protein	3 g

Recipe source: University of Maryland Extension