

Roasted Cauliflower with Parmesan

**Give It
A Try**

Roasting cauliflower is a great way to bring out its natural sweetness – to level up your cauliflower game give this recipe for roasted cauliflower with Parmesan a try



Did You Know?

While the florets are the part of cauliflower most often roasted, don't throw out the leaves and stems. They are edible! These parts of cauliflower are often tossed in the compost. Consider cutting down on your food waste and saving them to add in your next vegetable broth!



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Makes 9 servings (2 pancakes per serving)



Ingredients:

- 6 cups cauliflower florets (about 1 medium head cauliflower)
- 1 tbsp extra-virgin olive oil or vegetable oil
- ¼ cup freshly grated Parmesan cheese (grated on a microplane or rasp-style grater)
- 2 tsp cornstarch
- ¼ tsp salt
- ½ tsp pepper
- ¼ tsp chili flakes (optional)

Preparation:

1. Preheat oven to 425°F.
2. In a large bowl, combine cauliflower florets and oil. Toss gently to coat evenly.
3. In a small bowl, combine Parmesan cheese, cornstarch, salt, pepper and chili flakes (if using).
4. Sprinkle Parmesan mixture over cauliflower and toss to coat evenly.
5. Transfer cauliflower to an aluminum foil-lined baking sheet. Turn cauliflower so that cut sides are facing down.
6. Bake until cauliflower is browned on the bottom, about 13 – 15 minutes. Remove from the oven and turn cauliflower florets.
7. Return to oven and continue cooking until lightly browned on the second side, about 5 – 7 minutes.
8. Serve and enjoy!

Note: To prepare classic roasted cauliflower, Parmesan mixture may be eliminated. Simply use oil, salt and pepper to taste. Bake at the same temperature for the same amount of time.

Nutritional analysis per serving: 115 calories, 6 g fat, 7 g protein, 10 g carbohydrate (7 g available carbohydrate), 3 g fibre, 306 mg sodium

My Viva Servings: 1 vegetable, 1 protein, 1 fat

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