

# Roasted Cauliflower

Tired of steamed cauliflower? Try roasting it! Roasting brings out nutty, buttery flavors in the cauliflower.

Makes: 6 servings  
 Prep Time: 10 minutes  
 Cook Time: 30 minutes

Source: [foodhero.org](http://foodhero.org) recipes - roasted cauliflower

## Ingredients

- 1 head cauliflower (medium)
- 1 Tablespoon vegetable oil
- 2 teaspoons garlic powder
- ½ teaspoon onion powder
- ½ teaspoon salt
- ½ teaspoon pepper
- ¼ cup grated cheese

## Directions

1. Preheat oven to 400 degrees F.
2. Cut cauliflower into florets about equal in size and put in a large bowl. Add the oil, salt, garlic powder, onion powder, salt and pepper and stir to coat the pieces.
3. Spread the florets on a large baking sheet with space between the pieces.
4. Roast for 30 minutes or until cauliflower is tender when pierced with a fork.
5. Sprinkle with cheese before serving.
6. Refrigerate leftovers within 2 hours.

## Utensils Needed

- Large Mixing Bowl
- Measuring Spoons
- Measuring Cups
- Cutting Board
- Knife
- Mixing Spoon



Small Changes,  
 BIG Difference!



## Nutrition Information

Serving Size: 1/2 cup	
Nutrients	Amount
Calories:	60
Total Fat:	3 g
Saturated Fat:	1 g
Cholesterol:	5 mg
Sodium:	280 mg
Total Carbohydrates:	6 g
Dietary Fiber:	2 g
Total Sugars:	2 g
Added Sugars:	0 g
Protein	3 g
Vitamin D	0 mcg
Calcium	53 mg
Iron	1 mg
Potassium	316 mg

# SHOPPING LIST

Average total cost without oil and seasonings: \$4.80

Average cost/serving: \$.80

Makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

## Ingredients



Add 1 to Cart  
Fresh Cauliflower



Add 1 to Cart  
Parmesan Cheese 8 oz

## SAVE TIME, SAVE MONEY

### Leftover Tips

- Not sure what to do with the extra parmesan cheese? Check out [snapedny.org](http://snapedny.org) for recipes such as Spaghetti Squash with Tomatoes, Basil, and Parmesan. Or even use it with any pasta dish.
- Leftover roasted cauliflower could be pureed for homemade macaroni and cheese or even thrown into a soup.

## My Cooking Notes