

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 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
- Baking Sheet



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

My Cooking Notes

Leftover Tips

- Not sure what to do with the extra parmesan cheese? Check out 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.