

Roasted Cauliflower with Parmesan

EASY | RECIPE

- 1 large **cauliflower**, cut into florets*
- 1½ tbsp **olive oil**
- 2 tbsp fresh **thyme**, chopped (1 tsp dried)
- ½ tsp minced **garlic**
- Pinch **red pepper flakes**
- 3 tbsp grated **Parmesan cheese**
- 1 tbsp fresh **lemon juice**

*One cauliflower head yields about 5 cups; 4 cups cooked.

1. Preheat oven to 420°F. Place cauliflower in large roasting pan. Drizzle with oil and toss well to coat.
2. Bake 20 minutes or until tender and slightly browned.
3. Stir in thyme, garlic and red pepper and bake 5 more minutes.
4. Place cauliflower in a serving dish, toss with cheese and lemon juice and serve hot.



Makes 4 (1 cup) servings. Per serving:

86 calories | 3.5g protein | 5.6g total fat | .9g sat fat | 3.8g mono fat | .5g poly fat
2.8mg cholesterol | 5g carbs | 1.8g sugar | 3.3g fiber | 82mg sodium