

Recipe Favourite



Roasted Cauliflower

AUTHORED BY: LIVE RIGHT HEALTH

Cauliflower is high in vitamin K, which is good for the bones and heart health.

SERVINGS 4 SERVINGS

PREP TIME/ COOK TIME 30 MIN

INGREDIENTS

- 3 cups fresh cauliflower flowerets
- 2 tablespoons lemon juice
- 4-1/2 teaspoons olive oil
- 1 garlic clove, minced
- 1 teaspoon dried parsley flakes
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried tarragon
- 1/4 teaspoon pepper
- 1/4 cup grated Parmesan cheese
- Options: Change out spices for your favourites, even add a dash of paprika for colour

DIRECTIONS

1. In a large bowl, combine the first 8 ingredients; toss to coat.
2. Transfer to an ungreased 15x10x1-in. baking pan.
3. Bake at 425° until tender, 15-20 minutes, stirring occasionally.
4. Sprinkle with cheese.

Nutrition

3/4 cup: 107 calories, 7g fat (2g saturated fat), 4mg cholesterol, 120mg sodium, 9g carbohydrate (4g sugars, 4g fibre), 5g protein.