

ROASTED CAULIFLOWER WITH FRESH HERBS AND PARMESAN

March 31, 2010

Use any fresh herbs you have on hand for this recipe. While parsley, tarragon, and thyme make a nice combination, you can also try sage, chives, and rosemary.

Yield: 8 servings (serving size: about 1 cup)

12 cups cauliflower florets (about 2 heads)
1 ½ tablespoons olive oil
1 tablespoon chopped fresh parsley
2 teaspoons chopped fresh thyme
2 teaspoons chopped fresh tarragon
3 garlic cloves, minced
¼ cup (1 ounce) grated fresh Parmesan cheese
2 tablespoons fresh lemon juice
½ teaspoon salt
¼ teaspoon pepper

Preheat oven to 450°.

Place cauliflower in a large roasting pan or jelly-roll pan. Drizzle with oil; toss well to coat. Bake at 450° for 20 minutes or until tender and browned, stirring every 5 minutes. Sprinkle with parsley, thyme, tarragon, and garlic. Bake 5 minutes. Combine cauliflower mixture, cheese, and remaining ingredients in a large bowl; toss well to combine.

Nutrition Information

CALORIES 89 (35% from fat); FAT 3.5g (sat 0.8g, mono 2.1g, poly 0.4g); IRON 1.1mg; CHOLESTEROL 2mg; CALCIUM 83mg; CARBOHYDRATE 12.1g; SODIUM 251mg; PROTEIN 5.2g; FIBER 5.4g

Cooking Light, NOVEMBER 2005



CHRONIC DISEASE HEALTH PROMOTION AND EDUCATION PROGRAM

Providing guidance and support to make the “*healthy choice the easy choice.*”

Mary Beth Gurganus, LD/N
Jackson County Health Department
3045 4th Street ~P O Box 310
Marianna, FL 32446

Phone: 850-526-2412 ext 282
Fax: 850-482-9564
E-mail: WellnessBuddy@doh.state.fl.us
Website: www.jacksonchd.org

