

Roasted Cauliflower with Parmesan Cheese



side dishes

POINTS® Value: 1

Servings: 6

Preparation Time: 7 min

Cooking Time: 15 min

Level of Difficulty: Easy

The rich, nutty flavor of freshly grated Parmesan cheese pairs beautifully with cauliflower. Try the same recipe with broccoli, baby carrots and asparagus, too.

Ingredients

6 cup cauliflower, florets, fresh (about 1 head), or frozen and thawed
1 Tbsp olive oil
1/2 tsp kosher salt
1/2 tsp black pepper, freshly ground
1/4 cup grated Parmesan cheese, Parmigiano-Reggiano suggested

Instructions

Preheat oven to 450°F.

In a large bowl, combine cauliflower, oil, salt and pepper; toss to combine. Transfer cauliflower to a large baking sheet and spread into a single layer. Roast until cauliflower is golden brown, tossing occasionally, about 15 minutes. Remove from oven, place in serving bowl and sprinkle with cheese; toss to mix. Yields about 3/4 cup per serving.

Notes

When you want variety, use shredded reduced-fat cheddar cheese instead of Parmesan.