



Parmesan Roasted Cauliflower

Servings

4

Calories

160

Prep Time

10 minutes

Total Time

1 hr

Skill Level

Easy

Ingredients

2 (10 ounces) packages Mann's Cauliflower

1 yellow onion, thinly sliced

4 thyme sprigs

4 cloves garlic cloves, finely minced

1 tablespoon olive oil

¼ cup seasoned bread crumbs

¼ cup Parmesan cheese, grated

salt and pepper to taste



The Method

Preheat oven to 425° F. On a large rimmed baking sheet, toss Cauliflower florets, onion, thyme and garlic with 2 tablespoons of olive oil. Roast, tossing occasionally, for 30-40 minutes, until almost tender. While cauliflower roasts, combine grated Parmesan cheese and bread crumbs. When cauliflower is nearly finished, sprinkle the cheesy breadcrumb mixture onto cauliflower and broil until golden brown, about 10 more minutes. Serve immediately.

Nutrition Facts

Serving Size: 274g | Servings: 4

Amount Per Serving

Calories 160 | Calories from Fat 50 | Total Fat 6g (sat fat 1.5g trans 0g) | Cholesterol 5mg | Sodium 280mg | Total Carbohydrate 24g | Dietary Fiber 5g | Sugars 8g | Protein 7g | Vitamin A 2% | Vitamin C 130% | Calcium 10% | Iron 8%