

Italian Roasted Cauliflower

Ingredients

- 4-1/2 cups cauliflower
- 2 tsp shredded parmesan cheese, fat free
- 1/8 tsp red pepper or cayenne
- 1/2 tbsp italian seasoning
- 2 tsp vegetable oil

Directions

1. Clean and cut cauliflower into bite sized pieces if not already florets.
2. Combine cauliflower, cheese, and seasonings with oil and toss until fully incorporated.
3. Place on a 18 x 13 inch tray lined with parchment paper and bake in a 400° F oven for 12 minutes or until golden brown.

Notes

Number of Portions: 4

Serving Size: 1/2 cup

Nutrition Facts: 52 calories, 2.55 g fat, 0.5 g saturated fat, 45 mg sodium, 6.2 g carbohydrate, 2.37 g fiber, 2.3 g sugar, 2.59 g protein

