



United States Department of Agriculture
What's Cooking? USDA Mixing Bowl

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Roasted Cauliflower

Makes: 8 Servings

Oven-roasted cauliflower sprinkled with cheese is a simple and delicious side dish that pairs well with any entrée.

Ingredients

- 1 cauliflower head
- 2 tablespoons olive oil
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ½ cup shredded Parmesan cheese

Directions

1. Remove outer leaves of cauliflower. Cut florets off the stem. Wash and drain.
2. Combine oil, salt and pepper in a large bowl. Toss the cauliflower florets in the oil mixture.
3. Spread cauliflower on a large rimmed baking sheet.
4. Roast in the oven at 450 degrees 15-20 minutes until the cauliflower starts to soften and begins to brown.
5. Sprinkle with cheese. Continue to roast for 5-10 minutes.

My Notes

Source: University of Maryland Extension. Food Supplement Nutrition Education Program.

Nutrition Information

Nutrients

Amount

Calories

70

Total Fat

5 g

Saturated Fat

1 g

Cholesterol

4 mg

Sodium

171 mg

Total Carbohydrate

4 g

Dietary Fiber

1 g

Total Sugars

1 g

Added Sugars included

0 g

Protein

3 g

Vitamin D

0 IU

Calcium

72 mg

Iron

0 mg

Potassium

227 mg

N/A - data is not available

MyPlate Food

Groups

 Vegetables 3/4 cup

 Dairy 1/4 cup

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