

Nutrition Education

True to its name, cauliflower is a cruciferous vegetable that looks like a cluster of white flowers, or florets, surrounded by green leaves. Cauliflower is low in fat and high in vitamin C, folate and dietary fiber. Cauliflower also contains several phytochemicals which are beneficial to human health and are thought to prevent certain forms of cancer. The simple recipe below is nutritious and delicious!

Roasted Cauliflower

INGREDIENTS:

2 tablespoons minced garlic

3 tablespoons olive oil

1 large head cauliflower, separated into small, uniform florets

1/3 cup grated Parmesan cheese

salt and black pepper

DIRECTIONS:

1. Preheat the oven to 400 degrees F (220 degrees C). Coat a large casserole dish with non-stick cooking spray or olive oil.
2. Place the olive oil and garlic in a large bowl. Add cauliflower to bowl and stir to coat cauliflower. Pour into the prepared casserole dish.
3. Bake for about 20 minutes, stirring halfway through. Watch carefully so it does not burn. Before serving, top with Parmesan cheese and broil for about 3 minutes, until golden brown. Season with about ½ tsp of salt and black pepper, if desired.

For Italian Roasted Cauliflower, add 1 teaspoon each of dried basil, marjoram and oregano during Step #2 and omit the Parmesan cheese from Step #3. You can also prepare broccoli using this recipe with equally delicious results.

