

Cauliflower Garlic Bites



Cauliflower is a cruciferous vegetable, a category of produce that is particularly good for cancer prevention.

INGREDIENTS

- 1 large head cauliflower or about 3 lbs, cut into 2-inch florets
- 2 tablespoons unsalted butter, melted
- 1 tablespoon extra-virgin olive oil
- ½ cup grated Parmesan cheese, plus more for garnish
- 2 large cloves garlic, finely chopped
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 1 tablespoon fresh parsley, roughly chopped

DIRECTIONS

STEP 1

Preheat oven to 400°F. Line a large rimmed baking sheet with parchment paper.

STEP 2

Toss cauliflower, butter, oil, Parmesan, garlic, salt and pepper in a large bowl until coated. Spread in a single layer on the prepared baking sheet. Roast, stirring halfway through, until tender and golden, 35 to 40 minutes.

STEP 3

Sprinkle with parsley. Garnish with additional Parmesan, if desired.

NUTRITION FACTS

Serving Size: ¾ cups - Serves 6

Per Serving: 142 calories, total carbohydrate 13g, dietary fiber 5g, total sugars 4g, protein 6g, total fat 9g, saturated fat 4g, cholesterol 16mg



Wisconsin Athletic Club

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