



One of the simplest recipes for cauliflower is **Roasted Cauliflower with Garlic and Parmesan**.

You will make yummy noises when you eat this.

### **What You Need**

2 Tbsp. fresh garlic (minced)  
5 Tbsp. canola oil (you can also use olive oil, not extra virgin) separated  
1 head cauliflower (separated into florets, washed, drained and dried)  
½ Cup fresh grated Parmesan cheese  
2 Tbsp. fresh parsley (finely chopped)  
salt and black pepper to taste  
9 x 11 baking dish or baking pan  
Large slotted spoon  
Large Bowl

### **Before you Start-**

Preheat oven to 425 ° prepare the baking dish by oiling inside bottom and sides with 1 tablespoon of oil.

### **Let's Make It!**

Add oil and garlic to the bowl and stir together. Add the prepared cauliflower florets and toss (mix, stir) until the florets are covered with oil and garlic. Pour into the prepared baking dish and season with a pinch of salt and ½ tsp. of fresh ground black pepper (you can add more once served).

Bake for 15 minutes, carefully remove from oven and stir, return to oven for 10 minutes. Remove from oven and sprinkle with cheese and parsley. Change the oven to broil and place back in the oven and broil for about 3-5 minutes. Watch it closely so it doesn't burn.

**\*Katies Tid Bits** Try sprinkling a tablespoon of crushed rosemary at the same time you add the oil and garlic to the bowl.

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