

## 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:

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| 2 tablespoons minced garlic                                     | 1/3 cup grated Parmesan cheese               |
| 3 tablespoons olive oil   | salt and black pepper to taste               |
| 1 large head cauliflower, separated into small, uniform florets | 1 tablespoon chopped fresh parsley, optional |

#### DIRECTIONS:

1. Preheat the oven to 400 degrees F (220 degrees C). Coat a large casserole dish with non-stick cooking spray.
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 20-25 minutes, stirring halfway through. Watch carefully so it does not burn. Before serving, top with Parmesan cheese and parsley, and broil for about 3 minutes, until golden brown.

