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FOR HEALTHY LIVING  
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# Roasted Garlic Parmesan Cauliflower

YMCA of Northern  
Rock County

**This recipe is super simple to make, cost effective, really flavorful, and the perfect side dish to complement just about any kind of protein!**

Servings: 6

### Ingredients:

- 1 large head cauliflower, trimmed into small florets
- 1/2 cup grated Parmesan cheese
- 1 tablespoon Italian Seasoning
- 3 cloves garlic, minced
- 3 tablespoons olive oil (more if needed)
- Sea salt and black pepper, to taste

### Directions:

1. Preheat the oven to 400°F.
2. In a large mixing bowl, combine cauliflower, Parmesan cheese, Italian seasoning, garlic, olive oil, salt, and pepper. Toss until all ingredients are well combined and the cauliflower is coated.
3. Line in a single layer, on a rimmed baking sheet and bake on the top rack for 30 to 40 minutes.

### Nutritional Information:

Calories: 133

Fat: 10g

Carbs: 7g

Protein: 6g



This recipe is provided to you  
by Y Personal Trainer,  
Kelly Jones

