



RECIPES

Parmesan Roasted Cauliflower Poppers

INGREDIENTS:

- 1 tablespoon smoked paprika
- ½ teaspoon oregano
- ¼ teaspoon garlic powder
- ¼ teaspoon salt
- ¼ cup grated Parmesan cheese
- 1 ½ tablespoons olive oil
- Freshly ground pepper to taste
- 1 head cauliflower, cut into small florets

INSTRUCTIONS:

1. Preheat oven to 400°F. Cover baking sheet in foil and mist with non-stick spray.
2. In a small bowl, combine paprika, oregano, garlic powder, salt and pepper and grated parmesan.
3. Cut cauliflower into small florets, place on pan and drizzle with olive oil. Toss cauliflower with parmesan spice mixture and mix until coated.
4. Roast cauliflower in preheated oven for 40 minutes, or until the edges are browned and cauliflower is tender. Serve hot out of the oven

* Can be dipped in pizza sauce or marinara

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