

# Garlic Parmesan Roasted Cauliflower

The very best Garlic Parmesan Roasted Cauliflower Recipe that pairs well with any entree or protein. Minimal ingredients yet with big flavor, it will impress even the biggest veggie skeptics.



<b>Prep Time</b> 10 mins	<b>Cook Time</b> 30 mins	<b>Total Time</b> 40 mins
-----------------------------	-----------------------------	------------------------------

## Equipment

- Large rimmed baking sheet
- Large mixing bowl

## Ingredients

- 1 medium head cauliflower, but into florets (about 8 cups)
- 3 Tbsp. extra-virgin olive oil
- 1 1/2 tsp. paprika
- 3/4 tsp. kosher salt
- 1/2 tsp. kosher salt
- 1/2 tsp. cracked black pepper
- 3 garlic cloves, minced
- 2 to 3 tbsp. grated parmesan cheese
- Juice of 1/2 lemon
- T tbsp. finely chopped fresh parsley

## Instructions

**1.** Place a large, rimmed baking sheet on the center rack of the oven; preheat oven to 450°F.

Cut the cauliflower into small florets and add to a large bowl. Toss with olive oil, paprika, salt, and black pepper.

Empty cauliflower out onto preheated baking sheet. Arrange florets in a single layer, avoiding overcrowding. Roast for 20 to 25 minutes, tossing once midway through, until lightly charred and tender.

**2.** Sprinkle Parmesan cheese and garlic over cauliflower and place back in the oven for 5 more minutes.

Spritz lemon juice overtop and garnish with fresh parsley; toss and serve.

### **Nutrition**

**Serving:** 0.75cup | **Calories:** 140kcal | **Carbohydrates:** 8.5g | **Protein:** 4g | **Fat:** 11g | **Sodium:** 480mg | **Fiber:** 3g | **Sugar:** 2.5g

*Values calculated are approximate and can vary depending on food brands.*