



Roasted Garlic Parmesan Cauliflower recipe



Crispy cauliflower bites with garlic Parmesan breading, baked in the oven instead of fried. So tasty!

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Course	Side Dish
Cuisine	American
Keyword	roasted cauliflower

Prep Time	10 minutes
Cook Time	30 minutes
Total Time	40 minutes

Servings	6 people
Calories	247 kcal
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Ingredients

- 1/2 cup butter melted
- 2 garlic cloves minced
- 1 cup Italian or plain breadcrumbs
- 1/2 cup grated Parmesan cheese
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1 medium cauliflower head

Instructions

1. Preheat oven to 400 degrees F. Line a large baking sheet with parchment paper. Set aside.
2. Remove all leaves from cauliflower head. Cut cauliflower into florets, all roughly the same size. You can slice the large florets in half, if needed.
3. Melt butter and in a small bowl. Add garlic and stir in.
4. Place breadcrumbs, salt, pepper and Parmesan cheese in another bowl.
5. Dip each cauliflower piece into butter first, then to breadcrumbs.
6. Place each breaded piece on prepared baking sheet. Repeat until you use up all cauliflower.
7. Roast cauliflower for 35 to 32 minutes, or until the breading is golden brown.

Recipe Notes

This cauliflower can be served as a side dish or an appetizer along with a dipping sauce, like Ranch. This breading method prevents the coating mixture from falling off the cauliflower pieces. You can also pour the melted butter over cauliflower bites in a bowl and toss gently to coat. Then sprinkle with breading mixture and stir to coat. Bake as instructed in the recipe above.

Nutrition Facts

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Amount Per Serving

Calories 247 Calories from Fat 162

% Daily Value*

Fat 18g	28%
Saturated Fat 11g	69%
Cholesterol 48mg	16%
Sodium 496mg	22%
Potassium 99mg	3%
Carbohydrates 14g	5%
Fiber 1g	4%
Sugar 1g	1%
Protein 6g	12%
Vitamin A 545IU	11%
Vitamin C 8.6mg	10%
Calcium 134mg	13%
Iron 1mg	6%

* Percent Daily Values are based on a 2000 calorie diet.