



Parmesan Roasted Cauliflower

By Kathy K

A simple roasted cauliflower recipe that makes a great side. The cauliflower gets precooked in the microwave before roasting.

Prep: 5 mins Cook: 25 mins Total: 30 mins Servings: 12
Yield: 12 1/2-cup servings

INGREDIENTS

1 (3 pound) cauliflower
¼ cup water
¾ cup mayonnaise
¼ cup grated Parmesan cheese
2 cloves garlic, minced
1 tablespoon chopped fresh chives

DIRECTIONS

Cut leaves and bottom core off cauliflower. Place in a shallow microwave-safe baking dish and add about 1 inch of water.

Microwave on high for 8 minutes. Drain.

Combine mayonnaise, Parmesan cheese, and garlic in a bowl. Spread onto the cauliflower.

Bake cauliflower in the preheated oven until tender and golden brown, 15 to 20 minutes. Sprinkle with chives.

Nutrition Facts

Per Serving: 135 calories; protein 3g; carbohydrates 6.7g; fat 11.5g; cholesterol 6.7mg; sodium 137.8mg.