



Parmesan & Parsley Whole Roasted Cauliflower

4 servings

1 hour

Ingredients

- 2 tbsps Extra Virgin Olive Oil
- 1 Garlic (clove, minced)
- 2 tbsps Dijon Mustard (divided)
- Sea Salt & Black Pepper (to taste)
- 1 head Cauliflower (large, leaves removed)
- 2 tbsps Parsley (finely chopped)
- 2 tbsps Parmigiano Reggiano (grated)
- 2 tbsps Pumpkin Seeds (toasted, chopped)

Nutrition

Amount per serving	
Calories	142
Fat	10g
Carbs	8g
Fiber	3g
Sugar	3g
Protein	5g
Cholesterol	3mg
Sodium	151mg
Potassium	486mg
Vitamin C	74mg
Calcium	76mg
Iron	1mg
Vitamin D	0IU
Folate	89µg
Vitamin B12	0µg
Magnesium	47mg
Zinc	1mg

Directions

- 1 Place the rack at the bottom of the oven. Preheat the oven to 425°F (220°C). Line a baking sheet with parchment paper.
- 2 In a bowl, whisk together the oil, garlic, and 3/4 of the mustard. Season with salt and pepper. Rub the cauliflower with the mixture.
- 3 Roast the cauliflower until charred and tender, about 45 to 50 minutes.
- 4 Meanwhile, combine the parsley, parmesan, and pumpkin seeds in a small bowl.
- 5 Brush the cauliflower with the remaining mustard and sprinkle with the parmesan mixture. Slice into pieces, serve, and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is equal to approximately 1/4 of the cauliflower head.

Additional Toppings: Toasted nuts. Try with marinara sauce on top or as a dip.