

Whole Roasted Cauliflower

Ingredients:

- 2 large cauliflower heads
- 1 garlic clove, halved
- 1/4 cup olive oil
- 4 tablespoons Dijon mustard, separated
- Salt and pepper to taste
- 1/2 cup fresh parsley, chopped
- 1/4 cup grated parmesan

Directions

1. Position an oven rack in the bottom of the oven and preheat to 450 °F. Line a baking sheet with foil.
2. Remove the leaves from the cauliflower, then trim the stem flush with the bottom of the head so the cauliflower sits flat on the prepared baking sheet. Rub the outside of each head with the cut garlic.
3. Whisk together the oil, 3 tablespoons mustard, salt, and black pepper in a small bowl.
4. Place cauliflower on the prepared baking sheet and brush the entire outside and inside with the mustard and oil mixture. Roast the cauliflower until nicely charred and tender (a long skewer inserted in the center of the cauliflower should pass through easily), 50 minutes to 1 hour. Let rest for a few minutes.
5. Combine parsley and parmesan in a small bowl. Brush the outside of the roasted cauliflower heads all over with the remaining 1 tablespoon mustard and generously sprinkle with the parmesan mixture.
6. Cut the cauliflower into thick wedges and serve on plates with a sprinkle of salt, and any extra parmesan mixture.

Nutrition Facts

Serving Size (149g)

Servings Per Container 4

Amount Per Serving

Calories 100 **Calories from Fat** 70

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 45mg **2%**

Total Carbohydrate 7g **2%**

Dietary Fiber 3g **12%**

Sugars 3g

Protein 3g

Vitamin A 0% • Vitamin C 110%

Calcium 4% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

