



Roasted Cauliflower with Parmesan Crumbs

Prep: 15 minutes

Roast: 12 minutes • Serves: 4

1 (2-inch) piece French baguette, torn into small pieces

Nonstick cooking spray

4 cups (1½-inch pieces) cauliflower florets

½ teaspoon kosher salt

2 teaspoons Dijon mustard

2 teaspoons fresh lemon juice

1 garlic clove, finely chopped

1 tablespoon grated Parmesan cheese

¼ teaspoon ground black pepper

1 dash cayenne pepper

1. In food processor with knife blade attached, process bread 1 to 2 minutes or to fine crumbs (about ¼ cup breadcrumbs). Transfer crumbs to small bowl and lightly spray with nonstick cooking spray; toss to coat.

2. In large skillet, cook crumbs over medium heat 3 to 4 minutes or until golden brown, stirring occasionally.

3. Preheat oven to 450°. Spray rimmed baking pan with cooking spray. Place cauliflower on prepared pan and lightly spray with cooking spray; sprinkle with ¼ teaspoon salt and toss to combine. Roast cauliflower 12 to 14 minutes or until just tender, stirring once halfway through roasting. Transfer cauliflower to large bowl.

4. In small bowl, whisk together mustard and lemon juice. In separate small bowl, combine garlic, cheese, black pepper, cayenne pepper, remaining ¼ teaspoon salt and breadcrumbs. Toss cauliflower with mustard mixture, then with breadcrumb mixture until well combined.

*Approximate nutritional values per serving:
42 Calories, 1g Fat (21% of total calories), 0g Saturated Fat (0% of total calories), 240mg Cholesterol, 240mg Sodium,
7g Carbohydrates, 3g Fiber, 3g Protein*

*Dietary Exchanges:
½ Starch*