

Cauliflower Popcorn

SERVINGS: 4

PREP TIME: 5 Minutes

BAKE TIME: 20 Minutes

INGREDIENTS

- 1 head of cauliflower
- 2 tablespoons olive oil
- 2 tablespoons grated parmesan cheese
- Salt and pepper to taste

DIRECTIONS

1. Preheat oven to 450 degrees Fahrenheit.
2. Wash cauliflower and shake off extra water. Chop florets into small bite-sized pieces, discarding large stem.
3. Toss cauliflower florets with 2 tablespoons of olive oil. Roast on a baking sheet at 450 degrees for 20 minutes or until browned, stirring a few times while baking.
4. Sprinkle parmesan cheese on top of roasted cauliflower florets. Season with salt and pepper and serve.

Notes



Gift For A Lifetime