



A RED SOX FOUNDATION AND
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



Garlic Parmesan Roasted Cauliflower

Serves 6

Ingredients:

3 heads cauliflower (broken into florets)
¼ cup olive oil
8 cloves garlic (minced or thinly slices)
½ cup parmesan cheese
½ tsp salt
¼ tsp ground black pepper



Directions:

1. Preheat oven to 400 degrees F. Line roasting pan with aluminum foil or baking sheet.
2. In a medium bowl, toss all ingredients except parmesan until the cauliflower is well coated.
3. Transfer cauliflower mixture to roasting pan. Arrange in a single layer on baking sheet. Bake for 15-20 minutes, or until the cauliflower is beginning to turn golden brown and tender.
4. Remove from oven, sprinkle parmesan, and return to oven for 3-5 minutes.

Nutrition Tips:

1. Cauliflower is considered a cruciferous vegetable, in the same category as broccoli, cabbage, and kale. While cauliflower may not be as colorful, it provides many of the same nutrients.
2. Cauliflower is an excellent source of vitamin C. About 1 cup of cooked cauliflower provides 73% of an adult's daily value for vitamin C.
3. Cauliflower is also a good source of folate and manganese.

Source:

Nicolette Maggiolo is the Registered Dietitian for Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, where she provides individual and group nutrition counseling to veterans and their families. Originally from New York, Nicolette brings her love of cooking, fitness and an integrative approach as she supports patients with individualized nutrition plans.