

# Cheesy Roasted Cauliflower

Serving Size: 1 Cup | Servings per Recipe: 4 | Diabetes Friendly



## INGREDIENTS

- 1 head cauliflower, cut into “florets” (bite-sized pieces)
- 1 tablespoon oil
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- ½ cup shredded Parmesan cheese

## DIRECTIONS

- Preheat oven to 450°F.
- Wash and dry cauliflower florets. Toss with oil, salt, and pepper.
- Spread on a baking sheet and roast 15–20 minutes, until tender and lightly browned.
- Sprinkle with cheese and roast an additional 5–10 minutes until melted and golden.
- Serve warm.



Calories per serving: 120 | 6 g total fat | 8 g total carbohydrates | 250 mg sodium | 6 g protein