Easy Spicy Roasted Cauliflower

Ingredients:

1 large head cauliflower, rinsed, dried, and separated into florets

3 T. extra virgin olive oil

2 - 3 cloves garlic, peeled and finely minced

2 t. crushed red pepper flakes

Salt and freshly ground black pepper, to taste

½ c. Parmesan cheese, freshly grated, divided

natural awakenings

Prep time: 5 minutes
Cook time: 25 - 27 minutes
Serves: 4

Directions:

1. Preheat oven to 450˚F and line a large, rimmed baking sheet with parchment paper.

2. Add cauliflower florets, olive oil, minced garlic, and crushed red pepper flakes to a large bowl and toss to coat. Season with salt and pepper, to taste.

3. Spread seasoned cauliflower on prepared baking sheet in a single layer. Roast for 20-25 minutes at 450˚F, stirring once to ensure cauliflower cooks evenly.

4. Remove from oven and set the broiler to high. Evenly sprinkle cauliflower with ¼ cup freshly grated Parmesan cheese and place under the broiler until golden brown (approximately 2 minutes).

5. Remove from oven and sprinkle with remaining Parmesan cheese and serve immediately.