

# RECIPE



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## ROASTED “ITALIAN STYLE” CAULIFLOWER

### INGREDIENTS:

- 1 lg head of cauliflower
- 2 tbsp olive oil
- 1/2 tsp kosher salt
- 1/4 tsp freshly ground black pepper
- 3/4 cup grated Pecorino Romano cheese
- 2 tbsp fresh flat leaf parsley, chopped
- 1 tsp lemon zest
- 1/4 tsp red pepper flakes

### DIRECTIONS:

Preheat the oven to 425 degrees and line a large, rimmed baking sheet with parchment paper.

Prepare the cauliflower by slicing off the nubby base and leaves, then quarter it into four even wedges. Slice off the inner core areas, leaving the rest intact. Then, cut across each piece to make about 1/2” wide slices. Then you can use your fingers to break apart the cauliflower into florets. Make sure to not make the florets too small or they will burn in the high temp oven.

Place the cauliflower on the prepared baking sheet, drizzle with 2 tablespoons of olive oil. Sprinkle with salt and freshly ground black pepper. Roast in the oven for 15 minutes. Remove from the oven and toss, spreading out again in an even layer. Sprinkle the Pecorino cheese over the florets, trying to get as much cheese on the actual florets as possible. Return to the oven and roast for an additional 15-20 minutes, or until the cauliflower is deeply golden brown. Remove from the oven, and sprinkle the fresh parsley, lemon zest and red pepper flakes over top. Place n a serve dish and enjoy!

Serves:4

