



Recipe of the Month - March 2017

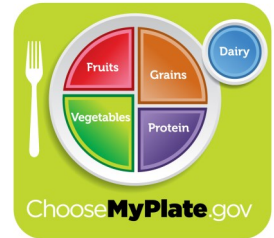
Roasted Cauliflower

Serves 4

Serving Size: 1 cup

Ingredients:

- 4 cups cauliflower (1 small head)
- 1 tablespoon oil (canola, olive, or vegetable)
- 1/4 cup bread crumbs
- 1/8 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1 teaspoon garlic powder



Make MyPlate Your Plate

Directions:

1. Preheat oven to 425° F.
2. Wash cauliflower under running water. Cut into florets.
3. Mix cauliflower and oil in a medium bowl.
4. Sprinkle bread crumbs, salt, pepper, and garlic powder on the cauliflower. Stir until combined.
5. Line a cookie sheet with foil and spray with cooking spray. Lay cauliflower out in a single layer.
6. Bake for 15 minutes, stir, and return to the oven. Bake for 10 minutes more or until tender.

Tips:

- Chop the whole head of cauliflower at one time. Pack extra cauliflower florets in snack size containers for lunches.
- To make your own bread crumbs, preheat oven to 300° F. Put two slices of bread on a cookie sheet. Bake the bread until it crumbles easily (about 15-20 minutes). Seal the bread slices in a plastic bag and crush the bread. Store the leftover bread crumbs in an airtight container in the freezer.

NUTRITION FACTS PER SERVING: 90 calories, 4g total fat (0 g sat. fat), 0mg cholesterol, 150mg sodium, 11g carbohydrates, 3g fiber, 2g sugar, 3g protein

*Recipe compliments of Iowa State University Extension:
Healthy & Homemade Meals 2017 Nutrition & Fitness Calendar*