Parmesan Cauliflower

Component: Vegetable **Recipe Category** Recipe # KSU Developed 50 Servings Servings Ingredients Weight Directions Weight Measure Measure Cauliflower, trimmed, 1. Preheat oven to 400°F. Line baking sheet 5 head washed and dried pans with parchment paper. Olive oil ¹∕₂ cup 2 Tbsp 2. Cut cauliflower into florets. WGR bread crumbs 5 cups 3. Combine the cauliflower and olive oil in a Garlic powder 1 ¼ tsp large zip close bag and shake to coat. 1 ¼ tsp Oregano, dried 4. Add the remaining ingredients to the bag and shake until coated, pressing slightly to help Salt 1 ¼ tsp the breading stick. Parmesan cheese 1 ½ cups 5. Pour onto the baking sheet and spray the tops of the cauliflower with cooking spray and bake for 20 minutes. Stir the cauliflower and continue to bake an additional 10 minutes. Serve hot. Enjoy!

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Notes: Nutrient information calculated using Food Processor	Marketing Guide for Selected Items			
	Food as Purchased for	50 Servings	100 Servings	

Serving: ½ cup	Yield:	Volume:
1-2 years: varies see menu	50 Servings:	50 Servings:
3-5 years: varies see menu		
6-18 years: varies see menu	100 Servings:	100 Servings:

Nutrients Per Servi	ng				
Calories	84 kcal	Saturated Fat	0.87 g	Iron	0.74 mg
Protein	2.94 g	Cholesterol	1.72 mg	Calcium	47.64 mg
Carbohydrate	9.90 g	Vitamin A	5.28 RAE mcg	Sodium	179.17 mg
Total Fat	3.91 g	Vitamin C	28.34 mg	Dietary Fiber	1.62 g (2016 = 1.20 g)