Parmesan Roasted Cauliflower

Component: Vegetable Recipe Category Recipe # KSU Developed

	50 Servings		Servings				
Ingredients	Weight	Measure	Weight	Measure	Directions		
Cauliflower, trimmed, washed and dried		5 head			Preheat oven to 400°F. Line baking sheet pans with parchment paper.		
Olive oil		½ 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 1/4 tsp			large zip close bag and shake to coat.		
Oregano		1 1/4 tsp			4. Add the remaining ingredients to the bag and		
Salt		1 1/4 tsp			 shake until coated, pressing slightly to help the breading stick. 		
Parmesan cheese		1 1/2 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 cupYield:Volume:1-2 years: varies see menu50 Servings:50 Servings:3-5 years: varies see menu100 Servings:100 Servings:

Nutrients Per Serving								
Calories	81 kcal	Saturated Fat	0.79 g	Iron	0.67 mg			
Protein	2.81 g	Cholesterol	1.72 mg	Calcium	44.70 mg			
Carbohydrate	9.47 g	Vitamin A	5.28 RAE mcg	Sodium	176.53 mg			
Total Fat	3.75 g	Vitamin C	21.00 mg	Dietary Fiber 2016	1.44 g			