



## Garlic-Butter Cauliflower Bites

*Yield 6 servings. Recipe from eatingwell.com.*

### Ingredients

1 large head cauliflower (about 3 lbs.), stems and leaves removed, cut into 2-inch florets  
2 tablespoons unsalted butter, melted  
1 tablespoon extra-virgin olive oil  
½ cup grated Parmesan cheese, plus more for garnish  
2 large cloves garlic, finely chopped  
¼ teaspoon salt  
¼ teaspoon ground pepper  
1 tablespoon fresh parsley, roughly chopped

### Nutritional info

Calories:	142
Total fat:	9g
Total Carbs:	13g
Dietary Fiber:	5g
Protein:	9g
Cholesterol:	16mg
Sodium:	286mg

### Directions

1. Preheat oven to 400°F. Line a large rimmed baking sheet with parchment paper.
2. Toss cauliflower, butter, oil, Parmesan, garlic, salt and pepper in a large bowl until coated. Spread in a single layer on the prepared baking sheet. Roast, stirring halfway through, until tender and golden, 35 to 40 minutes.
3. Sprinkle with parsley. Garnish with additional Parmesan, if desired.