



Popcorn Cauliflower

1 head cauliflower
1 tablespoon olive oil
1/3 cup grated parmesan cheese
1/2 teaspoon garlic powder
1/2 teaspoon salt
1/4 teaspoon black pepper

1. Preheat oven to 425 degrees.
2. Clean and cut cauliflower into bite-sized pieces and place them in a large mixing bowl (cauliflower can be damp).
3. Drizzle with oil, then sprinkle with seasonings and toss well.
4. Sprinkle with cheese and toss again to distribute evenly.
5. Transfer to a baking sheet lined with parchment paper.
6. Bake in preheated oven for 15 minutes or until golden brown and fork tender. Enjoy

Nutrition: (1/4 of recipe) 104 calories, 6 grams protein, 6 grams fat, 3 grams fiber