



Taste of Home

# Roasted Herb & Lemon Cauliflower

**TOTAL TIME:** Prep: 15 min. Bake: 20 min.

**YIELD:** 4 servings.

*A standout cauliflower side is easy to prepare with just a few ingredients. Crushed red pepper flakes add a touch of heat. —Susan Hein, Burlington, Wisconsin*

## Ingredients

1 medium head cauliflower, cut into florets (about 6 cups)

4 tablespoons olive oil, divided

1/4 cup minced fresh parsley

1 tablespoon minced fresh rosemary

1 tablespoon minced fresh thyme

1 teaspoon grated lemon zest

2 tablespoons lemon juice

1/2 teaspoon salt

1/4 teaspoon crushed red pepper flakes

## Directions

1. Preheat oven to 425°. Place cauliflower in an ungreased 15x10x1-in. baking pan. Drizzle with 2 tablespoons oil and toss to coat. Roast 20-25 minutes or until golden brown and tender, stirring occasionally.

2. In a small bowl, combine remaining ingredients; stir in remaining oil. Transfer cauliflower to a large bowl; drizzle with herb mixture and toss to combine.

# Nutrition Facts

3/4 cup: 161 calories, 14g fat (2g saturated fat), 0 cholesterol, 342mg sodium, 8g carbohydrate (3g sugars, 3g fiber), 3g protein. **Diabetic Exchanges:** 3 fat, 1 vegetable.

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