

Roasted Parmesan Cauliflower

Component: Vegetable

Recipe Category

Recipe # KSU Developed

	50 Servings		____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
Cauliflower, fresh, trimmed, washed and dried		5 heads			<p>1. Preheat oven to 400°F. Line baking sheet pans with parchment paper.</p> <p><i>Thoroughly rinse the surface of fresh produce in cool, potable running water before cutting.</i></p> <p>2. Trim cauliflower and cut into florets.</p> <p>3. Combine the cauliflower and olive oil in a large zip close bag and shake to coat.</p> <p>4. Add the remaining ingredients to the bag and shake until coated, pressing slightly to help the breading stick.</p> <p>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.</p> <p><i>Internal temperature taken at the center of the thickest part of the food must reach a minimum of 135° F.</i></p> <p><i>Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F.</i></p>
Olive oil		½ cup 2 Tbsp			
WGR bread crumbs		5 cups			
Garlic powder (adjust or omit)		1 ¼ tsp			
Oregano, dried		1 ¼ tsp			
Salt		1 ¼ tsp			
Parmesan cheese	4 oz	1 ½ cups			

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Notes:

Nutrient information calculated using Food Processor

Serving: ½ cup of vegetable

1-2 years: varies see menu
3-5 years: varies see menu
6-18 years: varies see menu

Yield:

50 Servings:

100 Servings:

Volume:

50 Servings:

100 Servings:

Nutrients Per Serving

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)