

featured

recipe

Roasted Cauliflower

Source: Food Hero

Serving size: 1/2 cup

Servings per recipe: 7



Ingredients & Instructions

1 medium-sized head of cauliflower

1 teaspoon oil

2 teaspoons garlic powder

1/2 teaspoon each of onion powder,
salt & pepper

1/4 cup grated Parmesan cheese

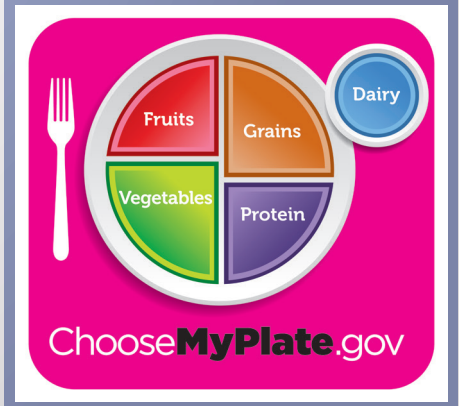
1. Preheat oven to 400 degrees.

2. Cut cauliflower into florets of similar size.
Toss florets with oil and place on baking pan
in a single layer.

3. Mix spices together, and sprinkle evenly
over cauliflower. Then sprinkle with cheese.

4. Roast for 30 minutes or until cauliflower is
tender when pierced with a fork.

Have you made
a resolution to
eat healthier?



To be successful with your healthy eating resolution, make small shifts in the type and amounts of food you eat:

- o Make a goal to eat one more vegetable each day
- o Choose whole wheat bread instead of white bread
- o Shift from whole milk to low fat or fat-free milk in your breakfast cereal
- o Vary your protein choices—eat less meat and more beans, nuts, tofu and fish
- o Reduce the amount of saturated fats, added sugars and salt you consume each day

Also, take the time to sit and enjoy your food. Use a smaller plate—this helps you to control your portions effortlessly.

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