

## Oven Roasted Cauliflower

Kids can help with this recipe



### Ingredients:

- 1 head cauliflower
- 2 T canola oil
- 2 eggs
- 1 c corn flake crumbs, crushed or bread crumbs
- 1 T lemon pepper
- Cooking spray

### Directions:

1. Preheat oven to 350 degrees. Spray a baking sheet with cooking spray.
2. Using a knife, cut off cauliflower florets into bite-sized pieces and place them into a one-gallon freezer bag.
3. Add canola oil to the bag. Make sure to reseal the bag. Shake the bag to coat the florets.
4. Break the eggs into a small mixing bowl and whip them with a fork. Add the eggs to the bag and reseal. Shake the bag to coat the cauliflower with the eggs.
5. Add the corn flakes or bread crumbs and the lemon pepper to the bag and reseal. Shake the bag to coat the cauliflower with the crumbs and lemon pepper.
6. Place the breaded cauliflower on the prepared baking sheet in a single layer.
7. Place the baking sheet into the oven and bake for 35 minutes.
8. Cauliflower should be soft, if it is still hard, return it to oven for an additional 5 to 10 minutes.
9. Remove the cauliflower from the baking sheet and serve.

Makes 4 to 6 servings.



**Tarrant County Public Health**

<http://health.tarrantcounty.com>