

Cheesy Roasted Cauliflower

INGREDIENTS

1 head cauliflower, cut into florets
1 tablespoon extra virgin olive oil
1 cup shredded cheddar cheese
1/2 teaspoon salt
1/2 teaspoon pepper
1/2 teaspoon red pepper flakes (optional)

PREPARATION

Preheat oven to 400°F.

Arrange cauliflower florets in casserole dish. Drizzle with olive oil and season with salt and pepper. Sprinkle with optional red pepper flakes.

Bake 15 minutes or until cauliflower is soft, stirring halfway through. Remove from oven and sprinkle with cheddar cheese. Bake 5 minutes or until cheese is melted and slightly golden.