

EVERYTHING *Herbal*

by Cheryl Jabz

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Fenugreek Parmesan Roasted Cauliflower

BENEFITS:

Low-carb and flavorful.
Crispy, cheesy texture. Pairs well
with steak, chicken, or seafood.



INGREDIENTS

- 1 head cauliflower, cut into florets
- 1 tbsp olive oil
- 1/4 tsp ground fenugreek
- 1/4 cup grated Parmesan cheese
- 1/2 tsp garlic powder
- Salt and pepper



INSTRUCTIONS

- 1 Preheat oven to 425°F (220°C).
- 2 Toss cauliflower with oil and seasonings.
- 3 Roast 20–25 minutes.
- 4 Sprinkle with Parmesan during the last 5 minutes.



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