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## Cauliflower Arrabiata

By Susie Iventosch



Cauliflower Arrabiata Photo Susie Iventosch

in half

### DIRECTIONS

Clean the cauliflower and trim out all of the large stems, leaving little florets on stems. You can also cut the larger stems into small pieces. Toss cauliflower pieces in a large bowl with olive oil and then add half the Parmesan and all other ingredients, tossing well to coat. Turn out onto a baking sheet, sprinkle with remaining Parmesan and bake at 400F for about 10-15 minutes, or until cauliflower is al dente, but beginning to brown on top. Remove from oven and serve!

Cauliflower is an underappreciated vegetable in my estimation, especially when it comes in such pretty colors nowadays! In addition to the ordinary white variety, it is available in purple, green and yellow-orange in many markets, which offers a variety of color enhancements to a dinner plate.

This recipe is actually quite spicy and very enjoyable served as a side dish, or even as a meatless entree. You can alter the amount of pepper flakes according to your own taste, and add as much or as little grated Parmesan as you like.

### INGREDIENTS

- 1 head of cauliflower, remove greens and cut into small pieces
- 2 tablespoons olive oil
- 1 shallot, finely chopped
- 1 small clove garlic, finely minced
- 1/2 teaspoon sea salt
- 1/2 to 1 teaspoon red pepper flakes (can use as much as you like according to your heat sensitivity!)
- 1/2 cup finely grated fresh Parmesan cheese, divided

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