



Polenta & Parmigiano Crusted Cauliflower Slabs

INGREDIENTS

1 large cauliflower head
1/4 c polenta
3/4 c Parmigiano Reggiano
1/4 t salt
1/8 t pepper
Olive oil

INSTRUCTIONS

1. Wash, dry then cut the cauliflower into slabs.
2. Arrange the pieces on a baking sheet and drizzle them with oil, salt and pepper and bake at 425 degrees for 30 minutes.
3. Meanwhile grate the cheese. Measure out the polenta and set aside.
4. Once the cauliflower is browned, flip them. Once flipped, douse them with the crunch factor, aka Polenta and Parm mix. Drizzle with more oil and back in the oven until browned and crunchy.