**KID FRIENDLY RECIPE FOR FEBRUARY…**

**CAULIFLOWER POPCORN** - Serves 4

- 1 head cauliflower
- 3T olive oil or canola oil
- 1/4T salt, or to taste
- 3T grated parmesan (optional)

**Directions**

Preheat oven to 425 degrees. Trim the cauliflower head; reserve the core and stems for another use. Cut florets into the size of ping pong balls (they will shrink a bit as they roast).

Put salt and oil in large bowl and mix. Add cauliflower and toss well, ensuring that the pieces are evenly coated. Spread florets on baking sheet lined with parchment paper.

Roast for an hour, turning the pieces about every 15 minutes. All sides of each floret should be well caramelized, or lightly browned. Remove from oven and sprinkle with parmesan cheese.

Place in serving bowl and serve warm.

*Adapted from: [www.foodday.org](http://www.foodday.org)*

**ADULT FRIENDLY RECIPE FOR FEBRUARY…**

**BALSAMIC AND PARMESAN ROASTED CAULIFLOWER** - Serves 4

- 8 cups 1-inch-thick slices cauliflower florets, (about 1 large head; see Tip)
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon dried marjoram
- 1/4 teaspoon salt
- Freshly ground pepper to taste
- 2 tablespoons balsamic vinegar
- 1/2 cup finely shredded Parmesan cheese

**Directions:**

Preheat oven to 450°F. Toss cauliflower, oil, marjoram, salt and pepper in a large bowl. Spread on a large rimmed baking sheet and roast until starting to soften and brown on the bottom, 15 to 20 minutes. Toss the cauliflower with vinegar and sprinkle with cheese. Return to the oven and roast until the cheese is melted and any moisture has evaporated, 5 to 10 minutes more.

*Adapted from: [www.amuseinmykitchen.com](http://www.amuseinmykitchen.com)*