

6g ⌚ 25 m | Easy

Baked cauliflower parmesan

Prettier than your average low carb side, and more delicious, too. But the best part is that it takes just minutes to prep. Match this beauty with a protein of your choice, plus a sauce or compound butter, for easy keto magic.



4 Servings

Ingredients

1½ lbs cauliflower
2 tbsp olive oil
salt and pepper
1 cup (2¾ oz.) shredded
Parmesan cheese

Instructions

- 1 Preheat the oven to 400°F (200°C).
- 2 Rinse and trim the cauliflower and remove the outer leaves. Slice the cauliflower, top-to-bottom, in half-inch thick slices (1-1.5 cm).
- 3 Place the slices on a baking sheet lined with parchment paper. Brush both sides with olive oil and season with salt and pepper.
- 4 Add grated parmesan cheese on top and bake in the oven for 20-25 minutes or until the cauliflower is golden brown.

Tip!

This side dish goes well with most mains. A particularly delicious pairing is with pork chops and herb butter. Make this dish dairy-free by skipping the cheese. For a variation in flavor sprinkle herbs, chili flakes or other seasoning on top before baking.