Cauliflower Oreganata
From – The Oz Family Cookbook

1 cauliflower, cut into bite size florets
salt
4 Tbsp extra virgin olive oil, divided
2 garlic cloves, finely chopped
2 tsp dried oregano
½ cup seasoned panko
¼ cup freshly grated Parmigiano-Reggiano cheese
1 Tbsp finely chopped flat leaf parsley
finely grated zest of ½ lemon
½ tsp red pepper flakes

• Position oven rack in center and preheat to 350F.
• Bring a large saucepan of slated water to a boil over high heat. Add the cauliflower and cook until it is crisp-tender, 3-4 minutes. Drain and rinse under cold running water, and drain well. Pat the cauliflower dry with paper towels. Transfer to a shallow baking dish large enough to hold it in a single layer. Season to taste with salt.
• Heat 2 Tbsp of the oil in a medium skillet over medium-low heat. Add the garlic and cook, stirring often, until it is tender but not browned, about 1 minute.
• Stir in oregano. Add the panko and mix well. Remove from heat and transfer to a bowl. Let cook slightly. Add the Parmigiano, parsley, lemon zest, and red pepper flakes, and mix well. Season to taste with salt.
• Sprinkle the panko mixture evenly over the cauliflower and drizzle with the remaining 2 Tbsp oil.
• Bake until the crumbs are browned, about 25 minutes.

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