

# 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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