

# Roast Parmesan-Scented Cauliflower Mash

*My best friend Jimmy Schmidt, the James Beard Award-winning chef Morgan's in the Desert at the La Quinta Resort and Club, invented the recipe, which I have modified ever so slightly for the Plant Paradox program. This dish is a great accompaniment to salmon or another fish.*

## Phases 2-3

Serves 4

Prep Time: 10 minutes

Cook Time: 60 minutes

1 large head cauliflower, cored and cut into florets

1/4 cup extra-virgin olive oil

Sea salt, preferably iodized

Cracked black pepper

2 tablespoons unsalted French or Italian butter, goat butter, or ghee (optional)

1 cup finely grated Parmigiano-Reggiano cheese

Heat the oven to 400°F.

Place the cauliflower florets in a large bowl, add the olive oil and toss to coat well, seasoning generously with sea salt and black pepper.

Lay a large sheet of aluminum foil, shiny side up, on the countertop. Fold in half and then reopen the foil. Transfer the cauliflower to the center of one half of the foil. Fold over the other half and crimp the edges to seal the packet. Place on a cookie sheet and position on the middle rack of the oven.

Cook until very tender and slightly browned, about 1 hour. Remove from the oven, open the pouch carefully—do not let any juices flow out—and cool for about 10 minutes.