

Farm Fresh To You



## Harvest Of The Month

# ROMANESCO

Romanesco lives in the Cauliflower family. Its florets tower into a pyramid of spiraling peaks. The florets have the same texture as white cauliflower, but the flavor is more mild, and a bit sweeter. Romanesco has an abundance of Vitamin C and is delicious roasted with a drizzle of olive oil, salt and pepper.

## Roasted Romanesco with Parmesan

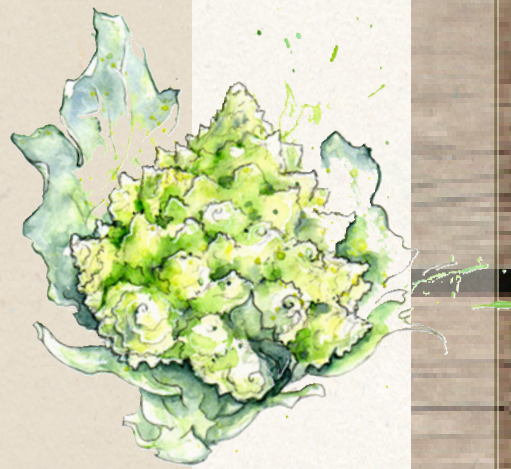
### INGREDIENTS:

- 1 head of Romanesco
- 3 tablespoons extra virgin olive oil
- 2 tablespoons shredded Parmesan cheese
- Sea salt and fresh ground pepper to taste

### DIRECTIONS:

1. Preheat oven to 400°F and line baking sheet with parchment paper or nonstick spray.
2. Cut off Romanesco florets (as you would broccoli) and place in a medium-size bowl.
3. Add olive oil, 1 tablespoon Parmesan, salt, pepper and toss to coat.
4. Lay Romanesco in a single layer on baking sheet. Bake 20 minutes, turning halfway. Sprinkle remaining Parmesan over top, just before serving.

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