



December 2012



### Roasted Cauliflower with Fresh Herbs and Parmesan Cheese

#### Ingredients:

- 12 cups cauliflower Florets
- 1 1/2 TBSP olive oil
- 1 TBSP Chopped fresh parsley
- 2 TSP Chopped Fresh thyme
- 2 TSP chopped fresh tarragon
- 2 garlic cloves, minced
- 1/4 cup grated parmesan
- 2 TBSP lemon juice
- 1/2 TSP salt
- 1/4 TSP Pepper

#### Preparation:

- Preheat oven to 450°
- Place cauliflower into large Roasting pan. Drizzle with oil & toss well to coat.
- Bake at 450° For 20 min. or until tender & Brown. Stir every 5 min.
- Sprinkle with parsley, thyme tarragon & garlic. Bake 5 min
- ⇒ Combine cauliflower mixture w/ cheese & Remaining ingredients

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Healthy Holiday Recipe

## Walking into the New Year

### Walking Program Launch!

Workshops: Dec. 10th, 17th @ 2pm, PSU Welcome Center

- Get a free pedometer
- Learn how to set goals, use your pedometer & successfully walk your way through the holidays

Group Walking Starts: Thurs Jan 10th  
Meet every Thurs, 2 pm @ Welcome Center (Warm-Up starts @ 1:45)

If interested Email Jill @ [jytarkleson@plymouth.edu](mailto:jytarkleson@plymouth.edu) or show up anytime!

### DID YOU KNOW?

To meet the minimal health recommendations, you only need to walk in 10 min. bouts 3 X a day!

Questions or Comments?  
[healthy-psu@plymouth.edu](mailto:healthy-psu@plymouth.edu)

