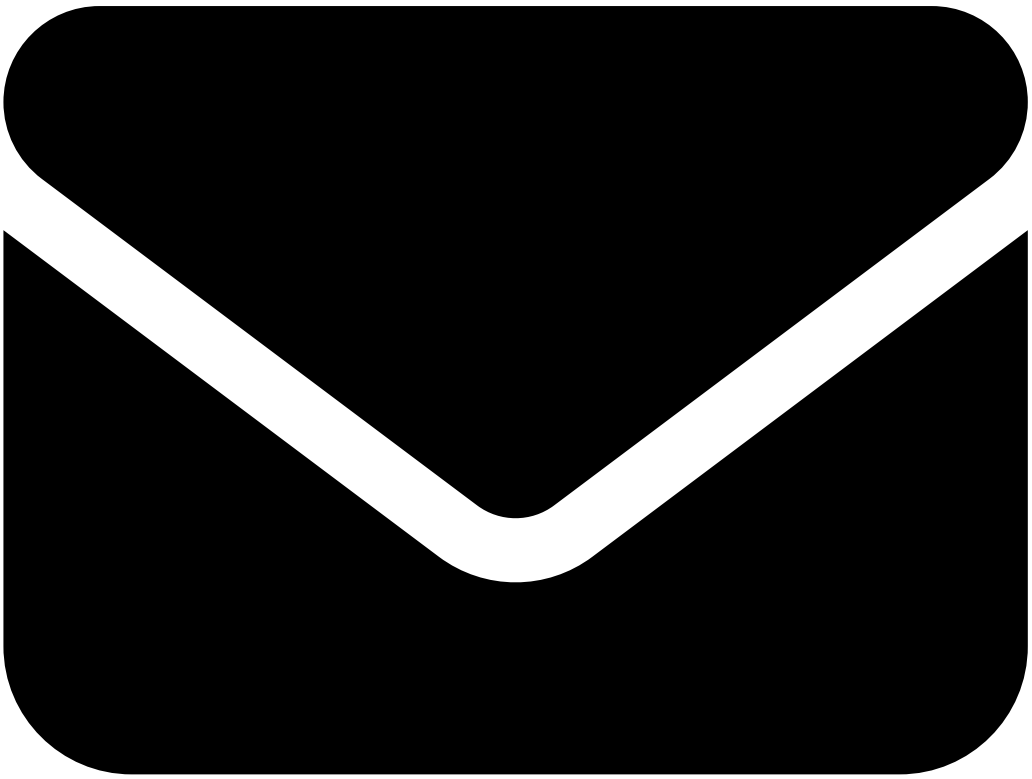
Italian Cauliflower al Forno

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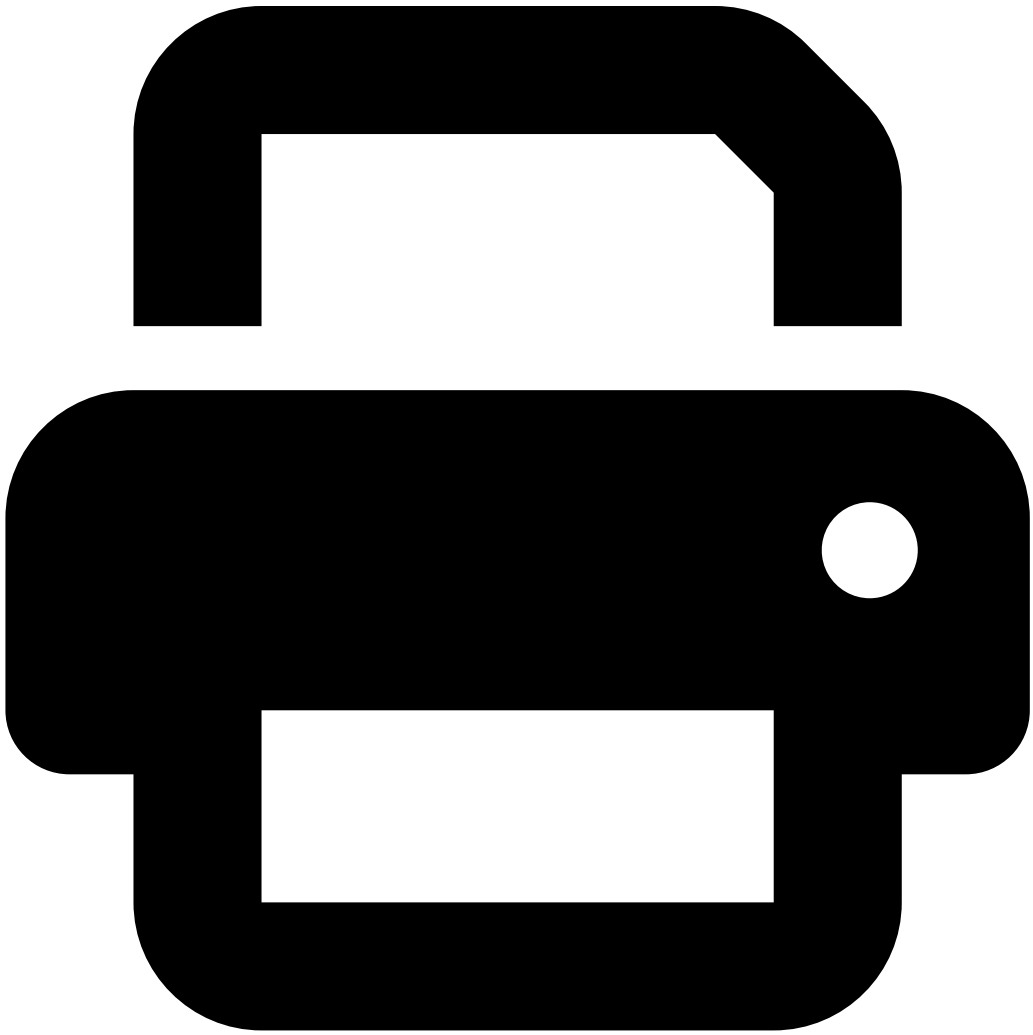
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I’ve always loved cauliflower — it’s one of those vegetables that doesn’t get nearly enough credit. Too often it’s overlooked, but with a little Italian flair, it turns into something truly special. This **Cauliflower al Forno** is proof that simple ingredients can make magic. Roasted until golden, then baked in layers of rich marinara, creamy béchamel, and melted cheese, it’s cozy, comforting, and completely irresistible. Whether you serve it as a side or a vegetarian main, this dish will make anyone rethink how delicious cauliflower can be.

Things to know about this Italian Cauliflower al Forno

- **Make ahead:** You can roast the cauliflower and even assemble the dish a day in advance. Just cover and refrigerate, then bake when ready to serve.

- **Reheating:** Warm leftovers in the oven at 350°F until bubbly, or reheat individual portions in the air fryer for a crisp top.
- **Serving idea:** Pair it with a simple green salad, crusty bread, or even over a scoop of creamy polenta for a full meal.
- **Storage:** Keeps well up to 3 days in the fridge — the flavors get even better as they mingle.

Variations

- **Add Italian sausage:** Brown mild or spicy Italian sausage and scatter it over the roasted cauliflower before baking for extra heartiness.
- **Use other veggies:** Try mixing in roasted zucchini, bell peppers, or mushrooms for more texture and flavor.
- **Make it spicy:** Add a pinch of red pepper flakes to your Easy Marinara Sauce for a little kick.
- **Go cheesy:** Add a layer of ricotta or burrata before topping with mozzarella for an extra creamy version.
- **Lighter option:** Skip the béchamel and just use Easy Marinara Sauce — it's still delicious and a bit lighter.
- If you love this comforting Italian-style cauliflower bake, be sure to try my **Homemade Béchamel Sauce** and **Easy Marinara Sauce** — both add incredible depth and flavor to any baked pasta or veggie dish.
  Craving more cozy Italian comfort food? Check out my **Mushroom Sausage Sauce Polenta** or **Creamy**

Italian Sausage Risotto next!

Italian Cauliflower al Forno



Italian Cauliflower al Forno is a simple, comforting side dish featuring tender roasted cauliflower topped with garlic, Italian herbs, Parmesan cheese, and crispy seasoned breadcrumbs. Roasted until golden and caramelized, this classic Italian-inspired recipe transforms everyday cauliflower into a flavorful dish that's perfect for weeknight dinners, holiday meals, or served alongside your favorite Italian entrées.

- 1 medium cauliflower, cut into florets
- 2 Tbsp. olive oil
- Salt and pepper, to taste
- 1 Tsp. dried oregano
- 1 Tsp. dried thyme or rosemary (optional)
- 2 cups **Easy Marinara Sauce** – use your homemade or store-bought favorite
- 1 cup shredded mozzarella cheese
- ½ cup grated Parmesan cheese
- 1 cup **Homemade Béchamel Sauce**
- Fresh basil or parsley for garnish

Béchamel Sauce

- 2 Tbsp butter
- 2 Tbsp. all-purpose flour
- 1½ cups milk
- Pinch of nutmeg
- Salt and pepper, to taste

1. **Preheat the oven:**

   400°F (200°C).

2. **Roast the cauliflower:**

   Toss cauliflower florets with olive oil, salt, pepper, oregano, and thyme.

   Spread on a baking sheet and roast for 20 minutes until slightly golden.

3. **Make the béchamel sauce**

   In a small saucepan, melt butter over medium heat.

   Stir in flour and cook 1–2 minutes until lightly golden.

   Gradually whisk in milk, stirring constantly until thickened.

   Season with salt, pepper, and a pinch of nutmeg.

4. **Assemble the dish:**

   In a baking dish, spread a thin layer of tomato sauce.

   Arrange roasted cauliflower on top.

   Drizzle with béchamel sauce

   Pour remaining tomato sauce over the cauliflower.

   Sprinkle mozzarella and Parmesan evenly on top.

5. **Bake:**

   20–25 minutes until bubbly and golden on top.

6. **Garnish and serve:**

   Sprinkle with fresh basil or parsley before serving.

Side Dish
Italian, Italian cauliflower al forno