Crispy Cauliflower

6 cups cauliflower florets

1/4 cup breadcrumbs

1 Tablespoon lemon zest

3 /4 cups Parmesan cheese

1/4 cup chopped scallion

1/4 cup olive oil

3 Tablespoons chopped fresh parsley

1 1/2 Tablespoons fresh lemon juice

1 Tablespoons chopped fresh oregano

1/8 teaspoon crushed red pepper

Place cauliflower in a bowl.

Coat with cooking spray.

Add breadcrumbs, lemon zest and 1/2 c. cheese.

Toss to coat.

Arrange cauliflower on a foil lined baking sheet.

Bake 20 minutes at 400.

Combine shallots, oil, parsley, lemon juice, oregano and red pepper.

Arrange cauliflower on a platter.

Spoon parsley mixture over cauliflower.

Sprinkle with remaining cheese.