



The Goldring Center
for Culinary Medicine

TULANE UNIVERSITY

Roasted Cauliflower

Roasting cauliflower is an excellent way to add depth of flavor through caramelization. You can always just season it simply with salt and pepper, but this version gets an extra flavor boost from a few spices.

YIELD 4 SERVINGS	PREP TIME 5 MIN	TOTAL TIME 30 MIN
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INGREDIENTS

- 1 medium Cauliflower, core removed and cut into small florets (about 6 cups)
- 1 Tbsp Olive Oil
- ½ tsp Smoked Paprika
- ½ tsp Turmeric, ground
- ¼ tsp Garlic Powder
- ¼ tsp Kosher Salt
- ¼ tsp Black Pepper, ground

CHEF NOTES

This recipe can be adapted for a variety of other vegetables such as broccoli or summer squash or a combination of your favorites. The seasonings can easily be adjusted to what you have on hand.

Roasted cauliflower can be served warm or at room temperature. It makes a great side dish for any protein and is also a tasty addition to salads.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above. Preheat oven to 400°F and line a half sheet tray with parchment paper or foil.
2. Add the cauliflower florets to the prepared sheet tray. Sprinkle the remaining ingredients on top and using clean hands, toss to evenly coat.
3. Transfer to the oven and roast until cauliflower is deep golden brown and tender, about 15-20 minutes. Flip over the pieces halfway through roasting for even browning on all sides.

Nutrition Facts

4 servings per container

Serving size ~1.5 cups (152g)

Amount Per Serving

Calories **70**

% Daily Value*

Total Fat 4g **5%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 8g **3%**

Dietary Fiber 3g **11%**

Total Sugars 3g

Includes 0g Added Sugars **0%**

Protein 3g **6%**

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 0.9mg 4%

Potassium 460mg 10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

