

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
-----------------------------------	----------------------------------	------------------------------------

INGREDIENTS

1 medium	Cauliflower
1 Tbsp	Olive Oil
1/2 tsp	Paprika, regular or smoked
1/2 tsp	Turmeric, ground
1/4 tsp	Garlic Powder
1/4 tsp	Kosher Salt
1/4 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.

EQUIPMENT NEEDS

Chef Knife
Cutting Board
Measuring Spoons
Parchment Paper or Foil
Baking Sheet
Tongs

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. Preheat oven to 350°F.
3. Remove the stem and core from the cauliflower and cut into small florets.
4. Line a baking sheet with parchment paper or foil. Toss the cauliflower florets with the rest of the ingredients on the baking sheet to evenly coat.
5. Roast until cauliflower is deep golden brown and tender, about 25 minutes. Flip over the pieces halfway through roasting to increase caramelization on all sides.

Nutrition Facts

4 servings per container

Serving Size 1 cup (152 g)

Amount per serving

Calories 70

% Daily Value *

Total Fat 4g 5%

Saturated Fat 0.5g 4%

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 3%

Iron 0.85mg 5%

Potassium 500mg 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.

Recipe adapted from Health meets Food: Roasted Cauliflower (9/11/20)

