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.

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<th>YIELD</th>
<th>PREP TIME</th>
<th>TOTAL TIME</th>
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<td>4 SERVINGS</td>
<td>5 MIN</td>
<td>30 MIN</td>
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**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

**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.

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