

Family Recipe

ROASTED CAULIFLOWER

Serves 4

INGREDIENTS

1 large cauliflower head (1-1½ lbs.)

½ tsp. salt

½ tsp. pepper

1 tbsp. olive oil

Optional

1 tsp. turmeric, cumin or coriander, can be used in any combination or on their own.

DIRECTIONS

1. Preheat the oven or toaster oven to 400 degrees.
2. Wash or soak the cauliflower in water. Cut or tear off the florets.
3. Toss florets with the olive oil, salt and pepper, and spices, if you choose.
4. Place the floret pieces on a baking sheet and roast for 20-30 minutes. The florets should turn soft and slightly browned.
5. Serve warm.

