

Cauliflower, Spicy Roasted



Ingredients

2 cauliflower heads, cut into bite size pieces
3 Tbsp olive oil
1 1/2 tsp cumin
1 tsp turmeric
3/4 tsp salt
1/2 tsp black pepper

2 garlic cloves, minced
2 Tbsp parsley flakes, dried

Instructions

Preheat oven to 400°F.

Drizzle olive oil over cauliflower florets. Combine spices, garlic and parsley flakes. Sprinkle on cauliflower and mix together. Lay single layer on baking sheet.

Roast 20 minutes. Toss cauliflower and roast for another 10-20 minutes.

Nutrition Information Per Serving

Serving Size: 1 cup

Serves: 6

Calories: 100

Fat: 7 gm

Sodium: 340 mg

Fiber: 3 gm

Carbohydrates: 8 gm

Protein: 3 gm

Sugar: 3 gm