



Cauliflower, Spicy Roasted

Serves: 12-1 cup

amount	unit	Ingredients:
4	each	cauliflower heads, cut into bite size pieces
6	Tbsp	olive oil
1	Tbsp	cumin
2	tsp	turmeric
1.5	tsp	salt
0.75	tsp	black pepper
4	each	garlic cloves, minced
3	Tbsp	parsley flakes, dried

Preheat oven to 400 degrees.

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.

Nutritional Information:

Calories: 100; Carbohydrate: 8g; Fiber: 3g; Sugars: 3g; Protein: 3g; Fat: 7g; Saturated Fat: 1g; Cholesterol: 0mg; Sodium: 340mg