Oven-Roasted Cauliflower

Prep: 10 minutes | Cook: 25 minutes | Total: 35 minutes

Yield: 4 servings | Serving Size: ~1 cup

Ingredients

1 (3- to 4-pound) head cauliflower

1 tablespoon olive oil

¼ teaspoon salt

¼ teaspoon ground black pepper

Directions

1. Preheat the oven to 425°F.

2. Meanwhile, remove the outer leaves from the cauliflower head, then cut the florets away from the stalk. Discard the stalk and leaves.

3. Cut the cauliflower florets into bite-sized (about 1-inch) pieces.

4. Add the cauliflower, oil, salt, and black pepper to a large bowl. Toss to combine and coat the cauliflower.

5. Transfer the cauliflower to a baking sheet and spread into an even layer.

6. Bake until fork-tender and starting to brown, about 20-25 minutes, stirring about halfway through the cooking time.

7. Serve warm.

Recipe Notes

- Any other vegetable (e.g. broccoli, Brussels sprouts, carrots), can be roasted using this recipe. Note that the preparation and cooking time will likely vary.

- For a boost of flavor, try adding another spice or herb such as coriander, cumin, dried dill, garlic powder, or ground ginger.

**Nutrition Facts Per Serving: Calories: 100 | Total Fat: 5 g | Saturated Fat: 1 g
Sodium: 80 mg | Total Carbohydrate: 5 g | Dietary Fiber: 2.5 g | Protein: 2 g**

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