

# Basic Roasted Cauliflower



6 servings

Prep Time: 10 min Cook Time: 30-40 min

2 heads cauliflower, cut into bite-sized florets

4 T. olive oil

1 t. sea salt

3/4 t. black pepper

Preheat oven to 400 degrees F.

Toss cauliflower florets with oil. Sprinkle with sea salt and black pepper. Spread cauliflower in a single layer on a baking sheet.

Roast cauliflower 400 degrees F for 30-40 minutes, stirring at 20 minutes. Cauliflower is done when pieces are nicely browned and the smaller bits are crisp (won't get crisp if using frozen). Once done, taste and adjust salt & pepper, as needed.

## Nutrition Facts per serving

Calories 57 , Protein 1 g, Carbohydrate 3 g, Total Fat 5 g, Saturated Fat 1 g,  
Fiber 1 g, Sugar 1 g, Sodium 215 mg



This recipe is provided by *Eat Well*, a healthy restaurant initiative supported by PartnerSHIP 4 Health in Otter Tail County. This recipe meets national nutrition standards for healthy eating.