



Roasted Cauliflower



Ingredients

- 1 head **cauliflower** (medium)
- 1 Tablespoon **vegetable oil**
- 2 teaspoons **garlic powder**
- ½ teaspoon **onion powder**
- ½ teaspoon **salt**
- ½ teaspoon **pepper**
- ¼ cup grated **cheese**

Makes: 4 cups
Prep time: 10 minutes
Cooking time: 30 minutes

Directions

1. Preheat oven to 400 degrees F.
2. Cut cauliflower into florets about equal in size and put in a large bowl. Add the oil, salt, garlic powder, onion powder, salt and pepper and stir to coat the pieces.
3. Spread the florets on a large baking sheet with space between the pieces.
4. Roast for 30 minutes or until cauliflower is tender when pierced with a fork. Sprinkle with cheese before serving.
5. Refrigerate leftovers within 2 hours.

Notes

- Try adding other seasonings such as chili powder, paprika, curry powder or red pepper flakes.
- Try slicing the cauliflower into 'steaks' with flat edges.

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Nutrition Facts

6 servings per container	
Serving size	1/2 cup (106g)
Amount per Serving	
Calories	60
% Daily Value*	
Total Fat 3g	3%
Saturated Fat 1g	5%
<i>Trans Fat</i> 0g	
Cholesterol 5mg	2%
Sodium 280mg	12%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 53mg	4%
Iron 1mg	6%
Potassium 316mg	6%
Vitamin A 9mcg	1%
Vitamin C 47mg	53%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.