

Roasted Cauliflower

Recipe Type: Side Dish

Serves: 6

Prep Time: 10 minutes

Cooking Time: 35 minutes

C means cup **T** means tablespoon **t** means teaspoon **oz** means ounce

What you need:

- 1 medium cauliflower
- 1/4 C olive oil
- 1/2 t salt
- 1/2 t black pepper

What to do:

1. Preheat the oven to 400° degrees.
2. Wash your hands.
3. Cut the leaves and stem off of the cauliflower and cut it into 1 and 1/2 inch pieces.
4. Place the cauliflower into a large bowl.
5. Add the olive oil, salt, and pepper and mix until the cauliflower is coated.
6. Put the cauliflower onto a 9 by 13 inch pan in an even layer.
7. Place the baking pan in the oven on the highest rack.
8. Stir the cauliflower on the pan every 10 minutes.
9. Cook for about 30-40 minutes until a fork goes into the cauliflower easily.
10. Enjoy.



This is a picture of 1 serving.

Nutrition Facts

Serving Size 1 C

Amount Per Serving

Calories 110 Calories from Fat 80

%Daily Value*

Total Fat 9 g 14%

Saturated Fat 1.5 g **8%**

Trans Fat 0 g

Cholesterol 0 mg 0%

Sodium 230 mg 10%

Total Carbohydrate 5 g 2%

Dietary Fiber 2 g **8%**

Sugars 2 g

Protein 2 g

Vitamin D 0%

Calcium 2%

* Percent Daily Values are based on a 2,000 calorie diet.

FK=4.0

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