

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

¼ C olive oil

½ t salt

½ t black pepper

What to do:

1. Wash your hands.
2. Preheat the oven to 400° degrees.
3. Cut the leaves and stem off of the cauliflower and cut it into 1½ inch pieces.
4. Place the cauliflower into a large bowl.
5. Add the olive oil, salt, and black pepper and mix until the cauliflower is coated.
6. Put the cauliflower onto a 9x13 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

6 servings per container

Serving size 1 Cup (106g)

Amount per serving

Calories 100

% Daily Value*

Total Fat 9g 12%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 220mg 10%

Total Carbohydrate 5g 2%

Dietary Fiber 2g 7%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 2g

Vitamin D 0mcg 0%

Calcium 22mg 2%

Iron 0mg 0%

Potassium 289mg 6%

*The % Daily Value 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.

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