



# Roasted Cauliflower

Servings 4 | Prep time 10 mins. | Total time 45 mins.

## Equipment:

Cutting board  
Baking sheet

## Utensils:

Knife  
Tongs  
Measuring cups and spoons

## Ingredients

Non-stick spray  
1 large head cauliflower  
2 ½ tablespoons olive oil OR vegetable oil  
½ cup bread crumbs  
¼ teaspoon salt  
¼ teaspoon black pepper  
2 cloves garlic, minced OR 2 teaspoons  
garlic powder

## Instructions

1. Before you begin, wash your hands, surfaces, utensils, and vegetables.
2. Preheat oven to 425 degrees.
3. Spray baking sheet with non-stick spray.
4. Pile the cauliflower pieces in the middle of the prepared baking sheet and drizzle with oil. Sprinkle with breadcrumbs, black pepper, garlic powder, and salt (if using). Toss with tongs or your hands to combine.
5. Spread the cauliflower out in an even layer on the baking sheet.
6. Bake for 15 minutes, toss, and bake for an additional 20 minutes or until cauliflower starts to brown.

## Nutritional Information:

Calories 170  
Total Fat 10g  
Sodium  
300mg Total  
Carbs 19g  
Protein 5g