



Roasted Cauliflower

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

Equipment: Cutting board, Measuring spoons and cups, Baking sheet

Utensils: Knife

Ingredients

Non-stick spray

1 head cauliflower, about 6 cups

2 ½ tablespoons olive or vegetable oil

1/2 cup bread crumbs

1/4 teaspoon salt

1/4 teaspoon ground black pepper

1 1/2 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 baking sheet and drizzle with oil. Sprinkle with breadcrumbs, salt (if using), pepper, and garlic powder. 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