

Roasted Cauliflower

Serves 4

1 12 oz. package frozen cauliflower, thawed (about 3 cups)
1/4 onion, roughly chopped
2 T olive oil
2 T cider vinegar
1/2 t salt
1.5 t curry
Black pepper to taste



Preheat oven to 500°F. Place thawed cauliflower in a bowl with other ingredients and toss to coat evenly. Place on a parchment or foil lined sheet pan or roasting dish and roast for 10 minutes. Change the oven heat setting to broil, move the cauliflower to the top rack, and broil for 5 minutes. Serve and enjoy.

Nutrition information per serving* (about 2/3 cup): 70 calories, 3.5g fat, 1g protein, 6 g carbohydrate, 220mg sodium, 1g dietary fiber. Excellent Source of vitamin C.

*Nutrition info based on the loss of half total oil and 1/6 of salt to preparation bowl and roasting pan.

