



# Roasted Turmeric Cauliflower



**PREP TIME:** 15 minutes • **BAKE TIME:** 40 minutes • **SERVINGS:** 4

## INGREDIENTS

- 1 medium head cauliflower
- 1 tablespoon olive oil
- 1 tablespoon turmeric
- 1 pinch cumin
- Salt and pepper to taste

## INSTRUCTIONS

Preheat oven to 400 degrees F.

Chop cauliflower into small florets (about 1-inch pieces).

Place cauliflower in a baking dish. Add oil, turmeric, cumin, salt and pepper, and mix together to evenly coat.

Cover dish with foil to prevent florets from drying out.

Roast in preheated oven for 35-40 minutes.

Remove foil and cook for another 15 minutes. Serve warm or chill if serving as a cold salad.

Note: While the recipe uses olive oil, you could substitute 1 tablespoon water and use a non-stick pan or a stone baking dish, which would reduce the fat content.

## NUTRITION INFORMATION

Each serving contains about 68 calories; 8 g carbs; 4 g fat;