

Starters, Sides, and Complements

Roasted Cauliflower

**Vegan, Gluten-Free*

The simple and amazing technique of roasting a vegetable or fruit with some olive oil or butter or a combination of the two is a wonderful way to enhance the flavor of the food.

You'll Need

- 1 head cauliflower, cut into, 2-inch pieces
- ¼ to 1/3 cup olive oil
- 1 teaspoon salt
- 1/4 teaspoon pepper
- ½ teaspoon cumin (more if you'd like)
- Chopped parsley for garnish



Directions

- Heat the oven to 425° F.
- Place the cauliflower florets in a large roasting pan and toss with the olive oil (enough to coat), salt, pepper, and cumin.
- Roast until cauliflower is tender and lightly browned, stirring once during roasting process, approximately, 35 to 40 minutes.

Play with your Food

This recipe is wonderful just with cauliflower but you can add other veggies if you would like. Sliced onions and carrots work well with the cauliflower. Or you can use this recipe as a template and simply choose other vegetables to roast. Just make sure to adjust the amount of olive oil, seasonings, and cooking time appropriately. Be creative and switch up the seasonings you choose to use. Curry is a spectacular spice to enjoy with roasted carrots. Go ahead give it a try.

Medwell Kitchen Tested