



Recipe for-

Family Friendly Recipe: Roasted Cauliflower

Ingredients:

1 large head of cauliflower
2 Tablespoons olive oil
sprinkle of salt & pepper

Preparation steps:

Preheat oven to 425 degrees.

Rinse cauliflower under cool running water. Cut into flowerets of equal size. Place on a baking sheet (with sides). Drizzle with olive oil, then, sprinkle with salt & pepper. Gently massage the oil around the cauliflower.

Arrange cauliflower in a single layer on the baking sheet. Bake for 20 minutes or, until cauliflower is lightly browned and fork tender.

Serve as a side dish with a family meal!