

Oven Roasted Cauliflower

May 4th, 2017

This recipe serves: 4

Prep Time: 01:00

Cook Time: 00:00

Oven Roasted Cauliflower is a non-traditional cauliflower use that makes a great appetizer or even a main dish.

You can use a variety of seasonings to flavor Roasted Cauliflower

Ingredients:

1 Head of Cauliflower - Remove all outer leaves and greens

2 Tablespoons Olive Oil

1 Tablespoon Balsamic Vinegar or an equal amount of any desired seasoning:

Some other options could include:

2 parts Balsamic Vinegar, 1 Part Honey, 1 part Smoked Paprika, 1 Part Frank's Hot Sauce

1 Tablespoon Plain Greek Yogurt

1 Tablespoon Ranch Dressing

Light dusting of Smoked Paprika

Light dusting of Turmeric

Light dusting of Cumin

Light dusting of Cayenne Pepper

Light dusting of (whatever you like...)

Directions:

Preheat the oven to 350° Fahrenheit.

Pour the Olive Oil into your hand and rub-down the Cauliflower Head, ensuring that it is thoroughly covered.

If you are using a liquid seasoning, apply the Olive Oil last.

If you are using a powdered seasoning, apply the Olive Oil first, then cover with the seasoning.

Bake at 350° Fahrenheit for about 1 hour.

Quarter and serve with a Salad Dressing dipping sauce or eat as it is.