

ROASTED CAULIFLOWER

Time: 30 minutes

Serves: 2

Ingredients:

1 large head cauliflower – cut into bite-size florets
2 tablespoons extra-virgin olive oil
Juice of half a lemon
1 teaspoon kosher salt

Preparation:

Preheat your oven at 450F.

Place the cauliflower in a bowl then, drizzle with the olive oil and lemon juice. Sprinkle with the salt. Toss the cauliflower to evenly coat it.

Spread the cauliflower on a baking sheet in a single layer and bake until it begins to blacken a little (approximately 20 minutes).

Remove from oven and serve immediately.

Nutritional Information Per Serving:

Calories: 186
Fat: 14g
Carbs: 14g
Fibre: 7g
Protein: 5g