



YIELD:
6 servings

PREP TIME:
10 minutes

COOK TIME:
20 minutes

roasted cauliflower bites & garden cauliflower salad

Ingredients

- 1 medium cauliflower sliced in small florets
- 2-4 Tbsp olive oil
- ½ tsp granulate garlic
- ½ tsp salt
- ¼ tsp smoked paprika
- ¼ tsp ground black pepper to taste

You'll need

- Baking sheet
- Parchment paper
- Oven mitts
- Knife
- Cutting board
- Small bowl

Garden Salad Extension:

- Chimichurri
- Chopped fresh herbs
- Edible flowers- Optional

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INSTRUCTIONS

1



Preheat the oven to 425°F and line a baking sheet with parchment paper. Slice the head of cauliflower breaking it up into even, bite-sized pieces.

Add the cauliflower to the center of the baking sheet. Drizzle with the oil and toss to combine.

In a small bowl, combine garlic powder, salt, smoked paprika, and pepper. Sprinkle onto cauliflower and toss to evenly coat.

2



Spread the cauliflower evenly on the baking sheet and bake at 425°F for 15-20 minutes, until cauliflower browns and reaches desired crispiness.

3



Plate and serve with a healthy dip such as hummus, guacamole, tzatziki, pesto or chimichurri

4



Garden Salad: Mix chimichurri, chopped fresh herbs and optional edible flowers.