



Whole Roasted Cauliflower

INGREDIENTS

1 whole cauliflower; stem and most leaves trimmed off

2 tablespoons olive oil or butter

Sea salt

Optional: herbs/spices of your choice, i.e. curry, smoked paprika, za'atar, garlic, nutritional yeast, etc

DIRECTIONS

Preheat oven to 450.

Bring a large pot of salted water to the boil. Gently lower the whole cauliflower head side down into the water and boil for 8-10 minutes depending on the size.

Melt the butter or olive oil in a small dish. Add any spices now by infusing it with spices.

Remove the cauliflower from the pot, drain and let stand until cooled slightly and dry to the touch.

Place cauliflower head side up in a small baking dish. Pour the melted butter/oil /herb mixture over the cauliflower, sprinkle over a little flaky sea salt and roast for 45 minutes. It should be golden brown and tender on the inside. Makes 8 servings; 50 calories each.