

Roasted Cauliflower

Ingredients:

1 head of Cauliflower
1t Kosher Salt (optional)
2T EVOO
1 Baking Tray
1 Small Mixing bowl

Instructions:

Pre-Heat oven to 400°F

Cut the core out of the cauliflower then cut the cauliflower into medium sized florets. Put the florets in a mixing bowl add salt and EVOO and coat evenly. Lay the cauliflower on a baking sheet tray and put in the oven, bake for about 10 minutes. Take out of the oven, cauliflower should be soft but not fall apart to easily.