

ROASTED CURRIED CAULIFLOWER

By Dr. Cindy Tanzar

(Standard, Vegan/Vegetarian and Maintenance Plans)

Cauliflower is so versatile. Simply adding a new spice can totally change its appeal. This recipe is very simple and tasty. The curry is light and the touch of cinnamon adds a delicious flavor that is unexpected.

Makes 5-7 servings. One serving of this recipe is 1 cup cooked and covers your vegetable and fat for one meal.



INGREDIENTS

- 1 large or 2 small cauliflower heads
- 1/2 onion, thickly sliced in wedges (root to tip)
- 4 cloves garlic, sliced
- 2 Tbsp lemon juice
- 1/3 cup avocado oil
- 1-1/2 tsp yellow curry powder, or 1/2 tsp. more for greater flavor
- 1/4 tsp. ground cinnamon
- 1/2 tsp. pink Himalayan salt
- 1/4 tsp. black pepper, ground



INSTRUCTIONS

Preheat oven to 425°F with rack on top third of oven. Line a baking pan with parchment paper or foil.

Cut the cauliflower into florets and slice them into 1/2-inch slices.

Whisk together the garlic, lemon juice, avocado oil, curry, cinnamon and salt in a large bowl until well-combined. Add the cauliflower florets and onion and coat well. Spread onto the lined baking sheet in a single layer.

Roast for 25-30 minutes or until well-browned.