



## Roasted Herbed Cauliflower

Recipe source: Anna's Kitchen

Photo: Epicurious.com

**Time: 30-40 minutes start to finish**

**Yield: 4 healthy servings**

**Oven: 400 degrees F**

### Ingredients:

- 1 head cauliflower, with tight flowers and a fresh smell
- 2 tablespoons olive oil
- 1 head garlic
- 4-5 sprigs of fresh herbs, your choice of oregano, basil, parsley, dill, or other.
- 1 dash coarse ground salt

### Directions:

Wash cauliflower by running under cool water, letting drain and shaking off excess water. Repeat 2-3 times. Slice the butt end of the cauliflower off-- it is OK to leave some of the green leafy part, it is just as delicious! Slice cauliflower from top to bottom in ½" slices --just like you would a loaf of bread.

Spread olive oil on nonstick baking surface. Lay cauliflower slices down, rubbing in oil, and flipping once. It is OK if not every piece is completely covered--this is mostly to add texture and keep the cauliflower from sticking.

Lightly crush 5-6 of the biggest cloves from the garlic, and disperse among the cauliflower slices.

*Pro tip: Garlic can be roasted in its papery skin! Simply slice off the top of the head, exposing just the tops of the fleshy cloves, place in 400 degree oven for 20-30 minutes until soft and aromatic. Spread on toasted bread.*

Wash fresh herb sprigs gently under cold water. Shake off excess water. With your fingers, lightly rub a small amount of oil on the herbs. This helps activate the aroma and flavor from the herbs. Disperse among cauliflower slices and garlic.

Place in oven for 25-40 minutes, turning only once. You know it's done when the edges are lightly browned and you can smell the garlic and herbs throughout the house. Sprinkle with coarse salt and serve. Enjoy with grilled sausage, roasted chicken, or by itself!