

# Roasted Cauliflower

## Ingredients

- 4-1/2 cup cauliflower
- 1/4 tsp kosher salt
- 1/8 tsp cinnamon
- 1/2 tsp cilantro
- 1/2 tsp cumin
- 1/2 tsp thyme
- 2 tsp vegetable oil

## Directions

1. Clean and cut cauliflower into bite sized pieces if not already in florets.
2. Combine cauliflower, salt, cinnamon, cilantro, cumin, thyme, and oil. Mix until cauliflower is fully coated in seasonings and oil.
3. Place on a baking sheet lined with parchment paper and place in a 400° F oven for 20 minutes or until golden brown and tender.

## Notes

**Number of Portions:** 4

**Serving Size:** 1/2 cup

**Nutrition Facts:** 50 calories, 2.58 g fat, 0.48 g saturated fat, 130 mg sodium, 6.17 g carbohydrate, 2.49 g fiber, 2.3 g sugar, 2.34 g protein

