**Recipe**

**Hero Vegetable:** Cauliflower

**Roasted Cauliflower**

**Ingredients:**
1 head cauliflower, cut into bite size pieces  
2 tsp fresh thyme  
2 tsp fresh rosemary  
4 cloves garlic, minced  
2 tsp kosher salt  
¼ cup butter, melted

**Directions:**
Preheat your oven to 350F. In a small bowl, combine melted butter, thyme, rosemary, garlic, and salt. Set aside. Place cauliflower pieces in a large bowl. Pour melted butter mixture over the cauliflower. Be sure cauliflower is evenly coated. Line a sheet tray with parchment paper or coat with cooking spray. Spread the cauliflower in a single layer on the sheet tray and bake for 20-25 minutes.

*For a healthier option, substitute olive oil for butter.*