

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

1/4 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.