

# Cauliflower



Cauliflower is an excellent source of vitamin C, vitamin K, folate, pantothenic acid, and vitamin B6. It is a very good source of choline, dietary fiber, omega-3 fatty acids, manganese, phosphorus, and biotin. Additionally, it is a good source of vitamin B2, protein, vitamin B1, niacin, and magnesium. The stem and leaves on Cauliflower are edible, and are especially good for adding to soup stocks.

## **Smoky & Spicy Roasted Cauliflower**

Serves 4    Prep Time: 5 minutes

Cook Time: 1 hour

Featured in Leanne Brown's "Good and Cheap" p.58

*"Roasted veggies are always delicious, but there's something magical that happens to cauliflower in the oven. It gets so crispy and nutty, and that flavor is brought out even more with the spices here. I'm happy to just eat a bowl of this for dinner, maybe with an egg on top."*

## **Ingredients**

1 head cauliflower, cut into small pieces

1 tablespoon butter, melted

½ teaspoon cayenne pepper

2 cloves garlic, unpeeled

1 teaspoon smoked paprika

Salt and pepper

## **Directions**

1. Turn the oven to 400 °F.

2. In a medium-sized roasting pan, arrange the cauliflower pieces and the unpeeled cloves of garlic. Pour the butter over the cauliflower and then sprinkle the spices over top. Use your hands to thoroughly coat the cauliflower with butter and spices.

3. Bake for 45 minutes to 1 hour, depending on how crispy you like the florets.

4. Squeeze the roasted garlic throughout and trash the skins.