Curry Roasted Cauliflower

Description

This delicious side dish is quick and easy to prepare and also low in carbohydrates. Enjoy!

Total time: 45 min Yield: 4 Servings

Ingredients

2 heads cauliflower (small chopped)
4 Tbsp extra virgin olive oil
2 Tbsp mild curry powder
1/2 tsp garlic salt
1 tsp salt
1 tsp pepper

Prep Time: 15 min Cooking Time: 30 min Total Time: 45 min

Instructions

Preheat the oven to 450° F. Cover a baking sheet in heavy-duty foil and coat with cooking spray. Wash, dry and chop the cauliflower into bit size pieces. In a small bowl, mix the olive oil, curry powder, garlic salt, salt & pepper. Toss the cauliflower into the mixture and place onto the baking sheet. Roast for 25 to 30 minutes until golden brown.

Enjoy with roasted chicken, grilled steak, or salmon.

Recipe brought to you by:

Chef Ryan Covert

Source:

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