Wellness for Women HEALTH COACHING FOR MIDLIFE PROFESSIONALS

Roasted Cauliflower

Adapted from The Gourmet Cookbook

This is easy and the house smells great while it is cooking. Leftovers are really good thrown into a salad or mixed with chickpeas or chunks of cooked chicken. You can change the flavor by adding the spices suggested below.

2 medium heads cauliflower, cored and cut into 2 inch wide florets.

⅓ cup olive oil

2 teaspoon dried thyme***

½ teaspoon salt

½ teaspoon fresh ground pepper

Position racks in upper and lower thirds of oven. Preheat to 425 degrees.

Pat cauliflower dry. Mix cauliflower, oil, thyme, salt, and pepper in large bowl. Spread evenly onto two baking sheets with sides. (Glass or metal work fine.)

Place baking sheets onto upper and lower racks and roast 15 minutes. Take sheets out of oven, stir, and switch positions of sheets. Check again in 10 minutes, stirring and switching positions if cauliflower is cooking unevenly. Cook another 5 to 10 minutes (for a total time of about 30 to 35 minutes), until cauliflower is browned and as soft as you like it! Taste and add more salt/pepper as needed.

This is great hot from the oven or at room temperature.

***For an Indian influenced taste, omit thyme and add 1 tablespoon curry powder, 1 tablespoon ground cumin, and 1 tsp ground turmeric. Proceed as above.