

Roasted Indian Cauliflower

Yield: 5 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-cauliflour-recipe>

Ingredients:

- 1 cauliflower small-medium head of, if you are using a very large head, you might want to double up on the spices, and increase oil by...
- 1 tablespoon grapeseed oil coconut oil, or canola, we are trying to stay away from this due to the fact that almost all is GMO-if you...
- 1 teaspoon cumin
- 1 teaspoon Garam Masala an Indian spice blend
- 1 teaspoon turmeric
- teaspoon cayenne depending on your love of spice-we used ¼ tsp and it's spicy, but that's how we like it!
- 1/8 teaspoon salt start with ¼ tsp and roast, if when you take it out you feel it needs a little more, you can always add
- freshly ground pepper to taste
- chopped parsley *optional: freshly

Nutrition:

1. Calories: 60 calories
2. Carbohydrate: 8 grams
3. Fat: 3 grams
4. Fiber: 3 grams
5. Protein: 3 grams
6. Sodium: 95 milligrams
7. Sugar: 2 grams

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