Roasted Cauliflower
Servings 4 | Prep time 10 mins. | Total time 45 mins.

**Ingredients**
Cooking spray  
1 head cauliflower, about 6 cups  
2 1/2 tablespoons oil, vegetable or canola  
1/2 cup bread crumbs  
1/4 teaspoon salt  
1/4 teaspoon ground black pepper  
1 1/2 teaspoons garlic powder

**Equipment**: Paper towels or dish towel, Cutting board, Medium bowl, Measuring spoons and cups, Baking sheet  
**Utensils**: Knife, Mixing spoon

**Instructions**

1. Before you begin wash your hands, surfaces, utensils and vegetables.  
2. Preheat oven to 425 degrees.  
3. Dry off cauliflower with a paper towel or clean dish towel.  
4. Cut cauliflower into florets or small bunches.  
5. Mix cauliflower and oil in a medium bowl.  
6. Sprinkle breadcrumbs, salt, pepper, and garlic powder on the cauliflower. Stir until combined.  
7. Spray baking sheet with cooking spray. Lay cauliflower out in a single layer.  
8. Bake for 15 minutes, stir, and return to oven. Bake for an additional 20 minutes or until tender, stirring once more.

**Nutritional Information**:  
Calories 170  
Total Fat 10g  
Sodium 300mg  
Total Carbs 19g  
Protein 5g