Roasted Cauliflower

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

Equipment: Paper towels or dish towel, Cutting board, Medium bowl, Measuring spoons and cups, Baking sheet

Utensils: Knife, Mixing spoon

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

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