

CAJUN ROASTED CAULIFLOWER

Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 6 (Serving= 1 cup)

Nutrition (per serving)

Calories: 95

Total Fat: 7 g

Saturated Fat: 1 g

Sodium: 236 mg

Total Carbohydrate: 7 g

Dietary Fiber: 3 g

Protein: 3 g



Ingredients

- Cooking spray
- 1 Tablespoon Spanish paprika
- 1 ½ teaspoons garlic powder
- 1 ½ teaspoons onion powder
- 1 teaspoon ground black pepper
- 1 ½ teaspoons cayenne pepper
- 1 teaspoon dried thyme leaves
- 1 teaspoon dried oregano leaves
- ½ teaspoon salt
- 1 head cauliflower, cut into florets
- 3 Tablespoons extra virgin olive oil



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Directions

1. Preheat oven to 425 degrees Fahrenheit. Line a baking sheet with foil and cooking spray.
2. In a small bowl mix together seasonings.
3. Place cut cauliflower in a large zip-top bag. Add olive oil and seasoning mix and toss until cauliflower is well coated.
4. Place coated cauliflower on baking sheet and bake for 25 minutes or until fork tender and crispy around the edges. Turn cauliflower halfway through cooking time.