

INDIAN 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 teaspoon ground cinnamon
- 2 teaspoons garlic powder
- 1 ½ teaspoons ground ginger
- 1 teaspoon ground cumin
- 1 ½ teaspoons curry powder
- ½ teaspoon salt
- 1 teaspoon ground black pepper
- 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.