

# Cumin Roasted Cauliflower

Serves 4  
Prep time: 5 minutes  
Cook time: 30 minutes



## INGREDIENTS

- 2 Tbs olive oil (or other vegetable oil)
- 1 head cauliflower, cut into small florets
- 1/4 tsp salt (or to taste)
- 1 tsp ground cumin
- 1/8 tsp red pepper flakes or cayenne (optional)
- 1-2 Tbs lemon juice
- 3 cloves minced garlic (or garlic powder)
- 1 Tbs chopped fresh parsley (or dried parsley)

## DIRECTIONS

1. Heat olive oil in a skillet over medium-high heat.
2. Once hot, add cauliflower, season with salt, cumin, red pepper flakes and lemon juice.
3. Cook until tender, stirring occasionally.
4. Reduce temperature to medium and add garlic for 1-2 minutes.
5. Top with parsley, and enjoy!

*Adapted from:*  
Bon Appetit Management Company



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