

Roasted Cauliflower



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1 tbs Olive oil

½ tsp Garlic powder

¼ tsp Salt

¼ tsp Black pepper

1 Head cauliflower, cut into flowerets

1 Red onion, cut into 1/2 inch thick wedges

Place a large jelly-roll pan in a 500° oven for 5 minutes or until hot.

Meanwhile, combine oil and next 3 ingredients in a large bowl. Add cauliflower and onion; stir well until coated. Pour vegetables onto hot jelly-roll pan and spread into a single layer.

 

 

Bake at 500° for 15 minutes or until browned, stirring occasionally. Serves 4 to 5.

