

## Cumin Turmeric Roasted Cauliflower

*Veggies are always better roasted- at least in my opinion. The combo of cumin and turmeric gives this cauliflower a delightful spice. Have this alongside your favorite lean veggie and complex carbohydrate for a complete meal. Enjoy!*

### **Ingredients:**

1 head	Cauliflower, divided into florets
1 tbsp	Extra virgin olive oil
1 tbsp	Cumin
2 tsp	Turmeric
1 tsp	Chili powder

### **Directions:**

1. Preheat the oven to 450 degrees F
2. Toss cauliflower florets with oil until all florets are evenly coated.
3. Sprinkle all seasonings/spices on the cauliflower then toss until florets are evenly coated with seasonings
4. Line baking sheet with parchment paper then spread cauliflower on the sheet. Make sure the cauliflower is evenly spread out and not more than one layer.
5. Roast for 15 minutes or lightly browned.

Servings: 4 servings  
Serving size: 1 serving (217 g)

Cumin & Turmeric Roasted Cauliflower		
<b>Nutrition Facts</b>		
Serving Size: 1 Serving		
Amount Per Serving	% Daily Value*	
<b>Calories</b>	94.7 kcal	5 %
<b>Total Fat</b>	4.4 g	7 %
Saturated Fat	0.8 g	4 %
Trans Fat	0 g	
<b>Cholesterol</b>	0 mg	0 %
<b>Sodium</b>	85.1 mg	4 %
<b>Total Carbohydrate</b>	12.5 g	4 %
Dietary Fiber	4.9 g	20 %
Sugars	4.1 g	
<b>Protein</b>	4.5 g	9 %
Vitamin A	4 %	Vitamin C 169 %
Calcium	7 %	Iron 16 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full Info at <a href="http://cronometer.com">cronometer.com</a>		</>