



# Recipes (Sides)

## Roasted Cauliflower

### Ingredients:

- 1 head of cauliflower
- 2 teaspoons coconut oil
- 1 clove garlic (minced)
- ½ teaspoon salt
- ½ teaspoon pepper



### Directions:

1. Preheat oven to 450 degrees and chop cauliflower into small bites (about the size of a golf ball)
2. Combine all ingredients into a large bowl and make sure the mixture is evenly coated with oil/spices
3. Line baking sheet with parchment paper and place cauliflower on the baking sheet
4. Cook for 10 minutes, stir the cauliflower then bake for 10 more minutes or until cauliflower turns golden brown
5. Serve warm and enjoy!

**\*\*Makes 2-3 servings**

### Nutrition Information:

#### Meal Plan Blocks:

**1 serving: 74 calories, 4 grams protein, 10 grams carbs, 3 grams fat**

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