

Spicy Whole Roasted Cauliflower

Serves 6

Ingredients:

- 1 tbsp. vegetable oil
- 1 head of cauliflower
- 1 ½ cups of plain Greek yogurt
- 1 lime, zested and juiced
- 1-2 tbsp. chili powder
- 1 tbsp. cumin
- 1 tbsp. garlic powder
- 1 tsp curry powder
- 2 tsp kosher salt
- 1 tsp black pepper



Procedure:

- Preheat oven to 400 °F and lightly grease a small baking sheet with vegetable oil.
- Trim the base of the cauliflower to remove any green leaves and the woody stem
- In a medium bowl, combine the yogurt with the lime zest and juice, chili powder, cumin, garlic powder, curry powder and pepper
- Dunk the cauliflower in the bowl and use a brush or your hands to smear the marinade on evenly over its surface
(Extra marinade can be stored in the refrigerator in an airtight container for up to 3 days)
- Place the cauliflower on the prepared baking sheet and roast until the surface is dry and lightly browned 35-45 minutes
- Let the cauliflower cool for 10 minutes before cutting it into wedges and serving alongside a big green salad

Nutrition per serving: 65 calories; <1 gm of total fat; 7 gram of carb; 2 gm of dietary fiber; 7.5 gm of protein

Thanks to our nutritionists Debra DeMille and Abby Wetzel, this recipe was obtained from www.purewow.com March 2014