CURRY ROASTED CAULIFLOWER

ingredients:

6 cups cauliflower florets

2 Tablespoons olive oil

2 cloves garlic, minced

1/4 teaspoon salt

1 teaspoon curry powder

2 Tablespoons fresh lemon juice

directions:

1. Preheat oven to 425 degrees F.

2. Toss the cauliflower in a large bowl with olive oil, garlic, salt, and curry powder.

3. Spread cauliflower in an even layer on a large, rimmed baking sheet and roast in oven for 15 minutes.

4. Stir, then roast for an additional 10 minutes.

5. Remove from oven and drizzle with fresh lemon juice before serving. .

Yield: 4 servings

Nutrition Information Per Serving:

Calories: 107 calories
Fat: 8 grams
Saturated Fat: 1 gram
Cholesterol: 0 grams
Sodium: 194 milligrams
Carbohydrates: 9 grams
Fiber: 4 grams
Protein: 3 grams

Food exchanges:
2 vegetables, 2 fat

Henry Ford HEALTH SYSTEM

HENRY FORD LIVEWELL

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