



## Roasted Cauliflower

I love coming up with new ideas for using cauliflower. This roasted cauliflower recipe makes a pretty table piece and a delicious side dish. It's also got stats that can't be beat - 1 gram protein for every 10 calories, and it is a cruciferous veggie which has numerous benefits to our bodies. Besides, it tastes good.

### Ingredients:

- 1 tablespoon olive oil (to grease baking sheet -I prefer using parchment paper)
- 1 head cauliflower (about 6 inches diameter)
- 1 ½ cups Fage 0% plain Greek yogurt
- 1 lime, zested and juiced
- 2 tablespoons chile powder
- 1 tablespoon cumin
- 1 tablespoon curry powder
- 2 teaspoons sea salt
- 1 teaspoon black pepper

### Directions:

1. Preheat oven to 400 degrees
2. Either lightly grease a small baking sheet with vegetable oil or use parchment paper (my cure all for not having to scrub baking sheets) to line a baking sheet
3. Trim the base of the cauliflower to remove any green leaves and the woody stem
4. In a medium bowl combine the yogurt with the lime zest and juice, chile powder, cumin, garlic powder, curry powder, salt and pepper
5. Dip the cauliflower into the bowl and use a brush or your hands to smear the marinade evenly over the surface
6. Place the cauliflower on the prepared baking sheet and roast until the surface is dry and lightly browned, 30 to 40 minutes. The marinade will make a crust on the surface of the cauliflower
7. Let the cauliflower rest for 10 minutes before cutting it into wedges and serving
8. Enjoy!

**Nutrition:** Makes 6 servings each with around

- **60 calories and**
- **8 grams protein**