

# Roasted Cauliflower

Original Recipe by Shawna Horton for Power Nation Family



## Ingredients:

3 T avocado oil

1 bag organic cauliflower florets

½ t salt, divided

Garlic powder

Cayenne pepper, to taste

## Directions:

Preheat oven to 450 degrees.

Cover cookie sheet with parchment paper.

Chop cauliflower into bite size pieces and place in a Ziploc bag and add avocado oil. Close the bag and toss until cauliflower is evenly coated with oil. Add ¼ t of salt, garlic powder, and cayenne pepper. Close the bag and shake. Add another ¼ t of salt, garlic, and cayenne pepper. Shake again. Empty bag onto cookie sheet covered with parchment paper and evenly spread out cauliflower so it's not too close together (otherwise it will steam instead of crisping). Bake for 15 minutes; check after 10 minutes. Once cauliflower begins to brown on the bottom, turn over and return to oven for 5 - 10 more minutes.

Tip: For crispy cauliflower, the key is space between the cauliflower and using parchment paper.

Serve with Berbere Chicken.

I'll tell you one thing, cauliflower never tasted like that when I was a kid. Holy cow Mrs. H." –Tony Horton