



CILANTRO-LIME ROASTED CAULIFLOWER

ingredients:

- 6 cups cauliflower florets
- 2 Tablespoons olive oil
- 2 cloves garlic, minced
- 1/4 teaspoon salt
- 1 teaspoon cumin
- 1/4 cup fresh cilantro
- 2 Tablespoons fresh lime juice

directions:

1. Preheat oven to 425 degrees F. Toss the cauliflower in a large bowl with olive oil, garlic, salt, and cumin.
2. Spread cauliflower in an even layer on a large, rimmed baking sheet and roast in oven for 15 minutes.
3. Stir, then roast for an additional 10 minutes.
4. Remove from oven and drizzle with fresh lime juice and cilantro before serving.

Yield: 4 servings

Nutrition Information Per Serving:

Calories: 107 calories
Fat: 8 grams
Saturated Fat: 1 gram
Cholesterol: 0 grams
Sodium: 195 milligrams
Carbohydrates: 10 grams
Fiber: 3 grams
Protein: 3 grams

Food exchanges:
2 vegetable, 2 fat



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