



Elliott Evans Nutrition, LLC
Prevent and Protect
Jan Elliott Evans, PhD, RD, CNSD
Registered Dietitian
drevans@ub-well.com
www.ub-well.com
(804) 339-3200

CRISPY ROASTED CAULIFLOWER **WHOLELIVING.COM**

- **Heat oven to 425 degrees**
- **On a rimmed baking sheet, drizzle ½ head cauliflower florets with 1 tablespoon of olive oil**
- **Season with coarse salt**
- **Roast, stirring occasionally, until golden brown and just tender, about 20 minutes**
- **Sprinkle with red chili flakes, and serve**