



Roasted Cauliflower

4 - 6 servings

INGREDIENTS

- 1 medium cauliflower
- Extra-virgin olive oil, for roasting
- Sea salt and freshly ground black pepper, for sprinkling
- Zest of 1 lemon
- Optional: 1/4 cup chopped parsley

DIRECTIONS

1. Preheat the oven to 425°F and line a large baking sheet with parchment paper. Break the cauliflower into bite-sized florets. Toss with olive oil, salt, and pepper and spread evenly onto the baking sheet. Roast for 25 to 30 minutes or until browned around the edges.
2. Season to taste with more salt and pepper and toss with lemon zest and parsley. Or keep it plain and use it in any recipe that calls for roasted cauliflower.



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