



Cauliflower Popcorn

Ingredients:

- 4 cups fresh cauliflower cut into small bite-size pieces
- 2 tsp olive oil
- ½ tsp or more salt to taste

Directions:

1. Preheat oven to 425° degrees.
2. In a large bowl, add cauliflower, olive oil, and salt.
3. Toss thoroughly.
4. Spread cauliflower on a baking sheet (line with parchment paper, if available for easy cleanup).
5. Roast for 1 hour, or until much of the floret has become golden brown. (that's the caramelization process converting the dormant natural sugars into sweetness. The sweeter they will taste).
6. Turn three or four times during the roasting.
7. Serve immediately.

Servings: makes 2 servings.

Each serving = 2 cups select vegetables, 1 tsp healthy oil, daily salt.

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