

Roasted Cauliflower

Ingredients:

- 2 T butternut squash seed oil
- 1 t kosher salt
- 1/4 t red pepper flakes (to taste)
- 1 medium cauliflower, cut into bite sized florets

Directions:

Preheat oven to 450 degrees (230 degrees C).

1. In large bowl combine oil, salt, red pepper flakes.
2. Add cauliflower and toss to coat.
3. Place cauliflower on cookie sheet or shallow baking pan and roast for 30 to 40 minutes or until florets are browned.

Turn cookie sheet and stir once after approximately 15 minutes to ensure even browning.

Serve hot, and leftovers are great cold, added to a salad or hummus.