

FIT RX Recipe Card

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ROASTED SPICY CAULIFLOWER

TIME TO PREPARE
10 MINUTES

TIME TO COOK
20 MIN

INGREDIENTS

1 HEAD CAULIFLOWER
2 TBSP OLIVE OIL
1-3 TSP RED PEPPER FLAKES
1-3 TSP GROUND PEPPER

PROCEDURE

1. Chop cauliflower in to bite size florets.
2. Place cauliflower in bowl or zip lock bag coat with olive oil and seasonings.
3. Line baking pan with foil, spray with coconut oil or butter spray.
4. Bake uncovered at 400 ° F for 20 min or until slightly browned.