

Spiced Roasted Cauliflower

Makes 4 servings

Roasting cauliflower brings out its natural sweetness. Your child can help by putting the yogurt and herbs on top before serving.

Ingredients

For the roasted cauliflower

- 1 head cauliflower
- 4 garlic cloves
- 3 tablespoons olive oil
- 2 teaspoons cumin seeds or cumin powder
- 1 teaspoon salt
- ½ teaspoon turmeric powder (optional)
- ¼ teaspoon red pepper flakes (optional)

For serving

- ¼ cup low-fat plain yogurt
- ½ cup mixed chopped herbs (like parsley, cilantro, mint, dill)



Photo: NYT Cooking

Directions

1. Heat the oven to 425 degrees F.
2. Cut the cauliflower, including the stem and leaves, into ½ inch thick slices. Then cut the slices into 2" pieces.
3. Peel the garlic cloves and finely chop them.
4. Place the cauliflower pieces on a large sheet pan. Add the garlic, olive oil, cumin, salt, turmeric, salt, and red pepper flakes and toss well to coat all of the cauliflower pieces.
5. Bake for 15 minutes, then remove the pan from the oven. Use a large spoon to stir the cauliflower and toss the pieces on the pan.
6. Return the pan to the oven and bake until the cauliflower is golden brown and has some dark spots, another 10-15 minutes.
7. Remove the pan from the oven and let the cauliflower cool for 5 minutes. Top the roasted cauliflower with the yogurt and herbs and serve warm.

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