



Oven Blasted Cauliflower with Lime, Capers and Garlic

Serves 4

Ingredients

- 1 whole head of cauliflower (approximately 5 cups or 1 pound of cauliflower flowerettes)
- 2 Tbsp olive oil
- ¼ tsp. each sea salt and pepper
- Zest of 1 whole lime
- Juice of 1 whole lime
- 3 cloves garlic, peeled then cut each clove into 4 pieces
- 1 ½ Tbsp whole parsley leaves or cilantro leaves
- 1 Tbsp capers (rinsed)

Instructions

Preheat oven (or toaster oven if you are me) to 450.

Toss cauliflower that you have broken or cut into approximately 1 x 1 inch pieces with olive oil, salt and pepper and place it on a foil or parchment lined rimmed cookie sheet.

Roast 20 minutes and watch it along the way. (I used my toaster oven, so if you are using a conventional oven keep checking-it could take longer). If it is pretty brown after 20 minutes, remove from oven and stir and then add in slivered garlic and continue roasting another five minutes until tender and golden brown. Take it out of the oven, scrape the cauliflower into a serving bowl and combine with the lime juice and zest, capers, and parsley or cilantro leaves.

Serve warm or room temperature. It should make enough to feed four people but PSSSSST.... I have been known to eat this entire batch single handedly. Don't judge. I love this.