

# Roasted Cauliflower

## **Ingredients**

1 head of cauliflower  
2 tbsp of vegetable or olive oil  
2 tbsp. Vegetable oil

## **Method of Prep**

1. Preheat your oven to 425F with the sheet pan in the oven
2. Wash cauliflower and pat dry with paper towel
3. Cut the cauliflower into large chunks and place into a large bowl.
4. Drizzle oils over the cauliflower chunks and toss to coat.
5. Once the oven is hot, open the oven and pull out the rack with your baking sheet and pour cauliflower chunks onto the sheet pan and spread them out with a spoon or spatula. Return the pan and rack to the oven to bake for 15-20 minutes.