

# CARDAMOM ROASTED CAULIFLOWER\*

*Yield: 8 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Extra-virgin olive oil	1/3 cup + additional
Cardamom pods	3 ea.
Red chiles, dried (optional)	3 ea.
Coriander seeds	1 Tbsp.
Cumin seeds	1 tsp.
Peppercorns, whole	1/2 tsp.
Cauliflower (2½ - 3 lb.) cored, broken into medium florets	1 hd.
Red onion, medium, halved, thinly sliced	1 ea.
Salt	as needed

## **Method**

1. Preheat oven to 425°F.
2. Grease a 9- by-13-inch baking dish or large gratin dish with a small amount of olive oil and set aside.
3. Grind the cardamom pods, chiles, coriander, cumin, and peppercorns in a coffee grinder or small food processor until fine. Mix the spices with 1/3 cup of oil in a large bowl.
4. Add the cauliflower and onion and toss to coat. Transfer the vegetables to a baking dish and roast until they're tender, about 1 hour, stirring every 20 minutes.
5. Sprinkle with salt and serve.

## **Nutrition Information (per portion/serving, based on ½ teaspoon added salt)**

Calories: 125 / Protein: 3 g / Carbohydrate: 9 g / Fiber: 3.5 g / Carbohydrate to fiber ratio: 2.5

Saturated fat: 1.5 g / Polyunsaturated fat: 1 g / Monounsaturated fat: 6.5 g

Trans fat: 0 g / Sodium: 165 mg / Potassium: 460 mg / Added sugar: 0 g

*\*This recipe meets all HKHL Recipe Nutrition Goals for a side dish.*

Source: Suvir Saran, as presented at the 2020 Healthy Kitchens, Healthy Lives® conference.  
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