

Roasted Cauliflower with Cumin and Coriander



Serves 6

INGREDIENTS

Small head of cauliflower (about 1 pound/450 grams), cut into bite-sized florets

1½ tablespoons (22.5 milliliters) olive oil, optional (can substitute 1 tablespoon water or broth)*

1 teaspoon (5 milliliters) cumin seeds

½ teaspoon (2.5 milliliters) ground coriander

Kosher salt, to taste, optional

INSTRUCTIONS

1. Preheat oven to 425°F (220°C) (or 400°F [200°C] if using a convection oven).
2. In a roasting pan, toss cauliflower with oil (or water/broth), cumin, coriander, and a couple pinches of salt. Place pan uncovered into oven and roast 15 minutes, stir or flip cauliflower, roast another 5 to 15 minutes until edges of cauliflower are browned and the stem ends of the florets only give a little resistance when pierced with a fork.
3. Season to taste with salt, if needed, and serve.

NOTES

- Serve as a side dish. This goes particularly well with Latin, Mediterranean, Indian, and Middle Eastern dishes. Garnish with cilantro and green onions, if desired.
- Add a bit of cayenne or other ground chili pepper to spice it up before roasting.
- Squeeze lemon over the cauliflower when you remove it from the oven to give it a fresh, lemony flavor.
- *If omitting oil, you may want to roast on a sheet pan lined with parchment paper or a silicone mat to prevent sticking and increase the temperature to 450°F (230°C) to increase the chance of some browning for flavor development.

Nutritional Info (per ½ recipe): Calories 54, Total Fat 3.7 g, Saturated Fat 0.6 g, Cholesterol 0 mg, Sodium 124 mg, Total Carbohydrate 4.7 g, Dietary Fiber 1.9 g, Sugars 1.7 g, Protein 1.8 g, Vitamin A 0%, Vitamin C 72%, Calcium 2%, Iron 4%

► To view the video for this recipe, and all electronic resources associated with the Culinary Medicine Curriculum, please see <https://bit.ly/culinarymededucation>.