

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



**Curry Roasted Cauliflower
Serves 4-6**

Ingredients:

1 large head of cauliflower
2 tablespoons olive oil
1 teaspoon curry powder
½ teaspoon garlic powder
¼ teaspoon salt (optional)

Directions:

1. Preheat oven to 425 degrees.
2. Cut cauliflower into bite sized pieces. Place on a baking sheet. Drizzle with oil and sprinkle with seasonings. Mix together until well coated.
3. Roast in the oven until lightly browned, about 15-20 minutes.

Nutritional Information per serving:

Calories: 66	Carbohydrates: 5g
Total Fat: 5g	Cholesterol: 0mg
Saturated Fat: 1g	Dietary Fiber: 2g
Protein: 2 g	Sodium: 29mg