



Dr. Laleh's Golden Spice Cauli

Ingredients

Amount

Organic Cauliflower	2 Large heads
Extra virgin cold pressed olive oil	1 TBS
Liquid/ Coconut aminos	1 TBS
Paprika	1 tsp
Cayenne pepper*	To tasted as tolerated
Rosemary (Dried)	1 tsp
Tarragon (Dried)	1 tsp
Granulated garlic	1 TBS (OR to tasted as tolerated)

*May use black pepper if Cayenne pepper is not tolerated.

May use walnut, grapeseed, or Sesame oil.

****Silicone baking mats:

https://www.amazon.com/Silicone-Baking-Mats-Set-Professional/dp/B07K6S6TX8/ref=sr_1_4_sspa?crid=1LXWA1IHWoK9R&dchild=1&keywords=silicone+baking+mats&qid=1604168372&sprefix=Silicone+%2Caps%2C180&sr=8-4-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUEyQoJQTTZDNkw5NkxPJmVuY3J5cHRIZElkPUeWmjlMDQzMTVUQks2SVhJVoNMJmVuY3J5cHRIZEFkSWQ9QTA2NjA1MzRaSIRZWfdXOUNNVVMmd2lkZ2VoTmFtZT1zcF9hdGYmYWNoaW9uPWNsaWNrUmVkaXJlY3QmZG9Ob3Rmb2dDbGljaz10cnVl

https://www.amazon.com/Silicone-Baking-Mats-Set-Professional/dp/B07K6S6TX8/ref=sr_1_4_sspa?crid=1LXWA1IHWoK9R&dchild=1&keywords=silicone+baking+mats&qid=1604168372&sprefix=Silicone+%2Caps%2C180&sr=8-4-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUEyQoJQTTZDNkw5NkxPJmVuY3J5cHRIZElkPUeWmjlMDQzMTVUQks2SVhJVoNMJmVuY3J5cHRIZEFkSWQ9QTA2NjA1MzRaSIRZWfdXOUNNVVMmd2lkZ2VoTmFtZT1zcF9hdGYmYWNoaW9uPWNsaWNrUmVkaXJlY3QmZG9Ob3Rmb2dDbGljaz10cnVl

Preparation:

- Wash Cauliflower, cut into bite size florets, and dry on a kitchen towel.
- Preheat the oven to 400 F.
- In a large bowl, mix cauliflower with olive oil& liquid aminos, use hands to coat very well.
- Add spices and herbs and mix well.
- Use silicone baking mats**** on an oven safe pan.
- Spread the vegetables in a single layer.
- Bake for 20-30 minutes.
- Switch to broil ~500 F, broil until cauliflower florets are golden and crispy to your taste.

Nutrition Facts

Servings 4.0

Amount Per Serving

calories 109

% Daily Value *

Total Fat 4 g 7 %

Saturated Fat 1 g 3 %

Monounsaturated Fat 3 g

Polyunsaturated Fat 0 g

Trans Fat 0 g

Cholesterol 0 mg 0 %**Sodium** 154 mg 6 %**Potassium** 903 mg 26 %**Total Carbohydrate** 17 g 6 %**Dietary Fiber** 7 g 27 %**Sugars** 7 g**Protein** 6 g 11 %

Vitamin A 9 %

Vitamin C 237 %

Calcium 7 %

Iron 8 %