

Roasted Cauliflower with Turmeric and Cilantro

This recipe is a delicious way to reap the benefits of Cruciferous vegetables.

Cruciferous vegetables are low-calorie, and rich in folate, vitamins C, E, and K, and fiber. Fiber is an important nutrient to incorporate if weight loss is the goal, as it helps keep you fuller longer.

Cruciferous vegetables are also good sources of phytonutrients, which are plant-based compounds that may help lower inflammation and may reduce the risk of developing cancer.”

Ingredients:

1 cauliflower head, separated
1 Tbsp. EVOO (extra virgin olive oil)
1 tsp. turmeric
Salt and pepper to taste
1 coconut milk or hemp milk
1 lime, juice and zest
1 bunch cilantro, minced fine
Salt and pepper to taste

Preparation:

Prepare a baking sheet lined with parchment paper

In a bowl add the EVOO, turmeric, salt and pepper.

Add the cauliflower florets; make sure that they are evenly coated with the oil mixture.

Place them on the prepared baking sheet and roast them 15 minutes in a pre-heated oven to 375 degrees

In the meantime, bring to gentle simmer 1 cup of coconut or hemp milk, add the lime juice, zest, cilantro, and salt/pepper.

Mix well. Add in the roasted cauliflower and serve immediately.