



GOLDEN ROASTED CAULIFLOWER

Ingredients

1 medium head of cauliflower (about 2 1/2 to 3 pounds) cut into 1 1/2 inch florets (about 8 cups)
2 tablespoons of extra virgin olive oil
1/2 teaspoon sea salt
1/4 teaspoon freshly ground pepper

1/2 teaspoon cumin
1/4 teaspoon coriander
1/2 teaspoon turmeric
1 tablespoon minced garlic
1 teaspoon lemon juice
1 tablespoon finely chopped parsley or cilantro

Directions:

Place the rack in the middle of the oven and preheat to 450°F. Line a baking sheet with parchment paper.

Toss the cauliflower with 2 tablespoons olive oil, salt, pepper, cumin, coriander, turmeric and garlic. Spread the cauliflower mixture in an even layer on the prepared pan. Bake until the cauliflower is golden and tender, about 25 to 35 minutes. Toss with spritz with fresh lemon juice and parsley or cilantro.

From *The Longevity Kitchen: Satisfying Big-Flavor Recipes Featuring the Top 16 Age-Busting Power Foods* by Rebecca Katz with Matt Edelson.



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