RANCH ROASTED CAULIFLOWER

Ingredients:

- 1T dried parsley
- 1T garlic powder
- 1T onion powder
- 1 tsp dried dill
- 2 tsp dried chives
- 1 tsp sea salt
- 1/4 tsp fresh black pepper
- 2 medium heads cauliflower, chopped into florets (about 6 cups)
- 3T avocado oil
- 1T fresh parsley, chopped (to serve)



Directions:

1. Preheat oven to 400 F and line a baking sheet with parchment paper.
2. Prepare the ranch blend with parsley, garlic, onion powder, dill, chives, salt and pepper. Set aside.
3. Add the cauliflower to the baking sheet and top with the avocado oil and ranch blend. Toss to combine.
4. Transfer to the oven and bake for 35-40 minutes (or until crisped to your liking), rotating halfway through (put in air fryer for less time in the kitchen!)
5. Serve topped with fresh parsley. Makes 4 servings.

NUTRITION PER SERVING:
Per serving: 55 calories, 1g fat, 11g carbs, 4g fiber, 4g protein

Reference: https://unboundwellness.com

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