Roasted Herbed Cauliflower

**NAME OF DISH**

**INGREDIENTS**
- 3 cups chopped cauliflower
- 2 T. Dijon mustard
- 1 T. unsalted butter
- ½ t. salt
- pepper to taste
- 1/2 T. dried thyme
- 1/2 T. dried chopped rosemary
- Option: 1 c. chopped onions

**INSTRUCTIONS**
- Pre-heat oven to 400 degrees.
- Mix cauliflower (and optional onions) in a large bowl. Blend mustard, butter, salt, and pepper together and toss with cauliflower mixture.
- Add thyme and rosemary, and toss mixture again.
- Pour onto lightly oiled baking pan and cook for about 25 minutes, until mixture is tender and slightly browning.

**SERVING SIZE:** 1/2 cup

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INFORMATION

Each ½ cup serving contains: 35 calories, 5 g Carbohydrate, 1 g Protein, 1 g Fat, 3 g Fiber, 174 mg Sodium

Cauliflower is in the Cruciferous family of vegetables, which have cancer-fighting properties, including antioxidant Vitamin C. Cauliflower also contains potassium, magnesium, and calcium which are all important for good blood pressure. Cauliflower is a good source of fiber which can help with digestion and cholesterol management. Using herbs for seasoning can help to reduce the salt content of this vegetable dish.

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