

# Garlic Roasted Cauliflower



**Preheat oven to 400°F**

**To start, cut the cauliflower into slices, about 1/2 an inch (1.25 cm) thick**

## **Ingredients:**

- **1 medium head Cauliflower**
- **1/4 cup Light olive oil**
- **1/2 tsp Sea salt**
- **1/4 tsp Black pepper**
- **4 cloves minced Garlic (or more if you love garlic)**

Toss the florets in oil, minced garlic, sea salt and black pepper.

Arrange the cauliflower in a single layer on a large baking sheet. This is another critical point here: make sure you don't have pieces overlapping!

**Having each piece touch the pan is important.**

Bake for about 15 to 20 minutes, until the bottom is nicely browned, then flip and repeat for another 5 to 10 minutes.