

FOOD&WINE

Oven-Roasted Cauliflower Florets



Active: 10 mins

Total: 40 mins

Yield: 4



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When roasted with a little olive oil, cauliflower florets turn wonderfully sweet, crisp and caramel-brown. A squeeze of lemon brightens their flavor. In addition to lots of great fiber, healthy cauliflower is packed with vitamin C, vitamin K, folate and vitamin B6. This is a fantastic easy way to serve it, since the dish contains just a few simple ingredients and comes together in just 10 minutes of active time. More Healthy Vegetable Dishes

Ingredients

One 2 1/2-pound cauliflower,
cut into 2-inch florets
1/3 cup extra-virgin olive oil
Salt and freshly ground
pepper
4 lemon wedges, for serving

Note:

Don't use too much salt.

Directions

Step 1

Preheat the oven to 400°. On a large rimmed baking sheet, drizzle the cauliflower florets with the olive oil. Season them with salt and pepper and toss well. Roast for about 30 minutes, stirring occasionally, until the cauliflower is tender and golden brown. Transfer to plates, garnish with the lemon wedges and serve hot or at room temperature.

Serve With

The cauliflower above is served with hearty Grilled Merguez Sandwiches with Caramelized Red Onions, but the dish is super versatile. Make it to pair with chicken, steak or your favorite protein.

Suggested Pairing

High-acid Grüner Veltliner's pleasant peppery notes and grassy, herby flavors make it a fantastic wine to serve with vegetables. If you're having it with the lamb sausage sub shown above, you'll want to defer to the spiced, meaty flavors. Spicy sausages of any kind are great with a spicy, briary, old-vine Zinfandel.