

Roasted Cauletti



PREP TIME:
5 MINUTES

COOK TIME:
15 MINUTES

TOTAL TIME:
20 MINUTES

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Recipe type: Gluten Free / Dairy Free / Vegan

Yield: 4 Servings

Ingredients:

- 1 12 oz. Package of Cauletti
- 1 ½ Teaspoon Lemon Zest
- 3-4 Garlic Cloves – Sliced Thin
- 2 TBSP Extra Virgin Olive Oil
- 1/4 Teaspoon Himalayan Sea Salt
- 1/8 Teaspoon Crushed Red Pepper *(optional)*

Instructions:

1. Preheat oven to 350 degrees.
2. In a large bowl, add cauletti, lemon zest, garlic, olive oil, sea salt, and crushed red pepper.
3. Stir until completely coated.
4. Pour onto a cookie sheet – dispersing evenly.
5. Roast at 350 for approximately 12-15 minutes. Watch closely so does not overcook. Still want cauletti to have bit of crunch.
6. Remove from oven and transfer to serving dish.

***Try and use all organic ingredients if possible.**