Lemony Roasted Cauliflower

Source: Dr. Neal Barnard’s Cookbook for Reversing Diabetes by Neal Barnard, MD; recipe by Dreena Burton

Roasted cauliflower gets a pop of flavor with lemon juice and smoked paprika.

About the Recipe

51 Calories · 3 g Protein · 4 g Fiber
Side Dish
Gluten-free · Nut-free

Ingredients

Makes 3 Servings

- 1 lemon
- 1/2 tbsp (7.5 mL) tahini
- 1/4 tsp (1.2 mL) smoked paprika
- 4 1/2-5 c (535 g) cauliflower florets, about 1 medium to large head
- 1/4 tsp (1.2 mL) iodized salt
- Ground black pepper **optional*

Directions

1. Preheat the oven to 450 F (232 C). Line a baking sheet with parchment paper.
2. In a large bowl, whisk together the lemon juice, tahini, and smoked paprika. Add the cauliflower and toss to coat.
3. Transfer the cauliflower to the prepared baking sheet, scraping all of the lemon sauce over the cauliflower. Sprinkle with the salt.
4. Bake for 25 to 30 minutes, stirring a couple of times, until golden. (Larger pieces will take longer to cook.)
5. Remove, season with salt and pepper (if using) to taste, and serve.

Nutrition Facts

Per serving (1/3 of recipe)

Calories: 52 kcal
Fat: 2 g
- **Saturated Fat:** <0.5 g
- **Calories From Fat:** 33%

Cholesterol: 0 mg
Protein: 3 g
Carbohydrates: 8 g
Sugar: 4 g
Fiber: 4 g
Sodium: 221 mg
Calcium: 35 mg
Iron: 0.7 mg
Vitamin C: 70 mg
Beta-Carotene: 67 mcg
Vitamin E: 0.2 mg