

Spiced Steamed And Baked Cauliflower

I prefer to steam first for 3 - 5 minutes as this reduces time in the oven.

Categories

Gluten-free

Yields: 6 servings

Preparation time: 5 mins

Cooking time: 15 mins

Category: Side dishes and appetizers

Complexity: Simple

Vegan experience: Absolute beginner

Preparation style: Cooked



Ingredients

Cauliflower, cooked from fresh	1 medium - head - 5" to 6" diameter
Olive oil	2 teaspoon
Paprika	2 teaspoon
Turmeric, ground	1 teaspoon
Garlic, powder	1.5 teaspoon
Onion powder	1 teaspoon
Salt, sea salt	0.5 teaspoon
Black pepper, ground	0.5 teaspoon

Instructions

Preheat oven to 350 F.

1. Break into florets or 1 to 2 inch pieces.
2. Bring water to boil and place in steamer for 3 - 5 minutes until just starting to get soft but still a bit hard. [Or use a pot but only cover about 1/4 of the cauliflower with water. Bring water to boil, add cauliflower, cover and boil for 3 - 5 minutes.]
3. Remove cauliflower from pot and place in shallow baking dish. Add oil and spices and mix gently.
4. Place in preheated oven for 15 minutes, turning cauliflower at about 8 minutes, and then putting back in the oven for a bout 7 minutes.