



Weight Loss Done Right!

Popcorn Cauliflower

"Yummy cauliflower roasted at a high temp. Slightly sweet and very addicting! I like to soak the cauliflower in veggie wash for about 10 minutes before coating in seasoning."

Ingredients:

- 4 teaspoons white sugar
- 2 teaspoons salt
- 1 teaspoon paprika
- 1 teaspoon ground turmeric
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- 2 heads cauliflower, cut into bite-size pieces cooking spray

Directions:

1. Preheat oven to 400 degrees F (200 degrees C). Line a baking sheet with aluminum foil.
2. Whisk sugar, salt, paprika, turmeric, onion powder, and garlic powder together in a bowl.
3. Spread cauliflower onto the prepared baking sheet; spray liberally with cooking spray.
4. Season cauliflower with spice mixture.
5. Roast in the preheated oven until cauliflower is tender, 30 to 35 minutes.
6. Enjoy!