

Cauliflower Popcorn

Ingredients:

- 4 cups fresh cauliflower cut into small bite-size pieces
- 4 teaspoons olive oil
- ½ teaspoon or more salt to taste

Directions:

Preheat oven to 425 degrees.

In a large bowl, add cauliflower, olive oil, and salt.

Toss thoroughly.

Spread cauliflower on a baking sheet (line with parchment paper, if available for easy cleanup).

Roast for 1 hour, or until much of the floret has become golden brown. (that's the caramelization process converting the dormant natural sugars into sweetness. The sweeter they will taste).

Turn three or four times during the roasting.

Serve immediately.

Servings: 2

Uses:

2 cups select vegetables

2 teaspoons olive oil

¼ teaspoon salt

Healthy snacks are a great way to quell hunger pains without feeling guilty.