

Roasted Cauliflower with Pumpkin Seeds

Recipe adapted from *Cooking Light*
Provided by the Auburn Interfaith Food Closet



RECIPE TYPE: Side Dish

SERVES: 4

PREP TIME: 10 minutes TOTAL TIME: 20 minutes

INGREDIENTS:

- 4 cups small cauliflower florets
- 2 tablespoons raw pumpkin seeds (optional — could use any kind of seeds)
- 2 tablespoons vegetable oil
- 1/2 teaspoon black pepper
- 3/8 teaspoon salt (to taste)
- 6 garlic cloves, peeled and chopped
- 3 tablespoons crumbled *queso fresco* (fresh Mexican cheese) — Could use any kind of cheese

DIRECTIONS:

1. Preheat oven broiler to High.
2. Combine cauliflower florets, pumpkin seeds (or seeds of choice), oil, pepper, salt, and chopped garlic in a large bowl. Spread on a foil-lined baking sheet.
3. Broil 10 minutes, or until cauliflower is browned and tender, stirring once after 5 minutes.
4. Top with crumbled *queso fresco* (or cheese of choice).



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