

Brain-Boosting Cauliflower (Side)

Prep time: 15 minutes

Cook time: 25 minutes

Serves 4

If you know someone who doesn't like cauliflower, this slightly caramelized, slightly crunchy version will likely change their mind.

- 1 large head cauliflower, cut into florets
- ¼ cup extra-virgin olive oil
- 1 tbsp. ground cumin
- 1 ½ tsp. garlic powder
- ½ tsp. sea salt (optional)
- 3 tbsp. freshly squeezed lemon juice

1. Pre-heat oven to 424 degrees
2. In a large bowl, toss the cauliflower florets with the oil.
3. Sprinkle with the cumin, garlic powder and sea salt. Toss to combine.
4. Spread the cauliflower evenly on a baking sheet and drizzle with 2 tbsp. of lemon juice.
5. Roast for 15 minutes, gently toss, and roast for another 10 minutes or until the cauliflower is golden brown and tender.
6. Drizzle on the remaining 1 tbsp. lemon juice.