



Dijon Roasted Cauliflower

Recipe Source: allrecipes.com

Servings: 2

Ingredients:

- 2 Tbsp Dijon mustard
- 2 Tbsp canola or olive oil
- 1 shallot or 1/4 cup red onion, minced
- 2 cloves garlic, minced
- 1 large head cauliflower, cut into florets
- Salt and black pepper, to taste

Steps:

- Preheat oven to 450 degrees.
- Add mustard to a large mixing bowl. In a steady stream, slowly pour in the oil while continuously whisking to form a smooth sauce.
- Stir in the shallot (or onion) and garlic. Add cauliflower and stir to coat.
- Pour coated cauliflower onto a baking sheet, in an even layer, scraping out any shallot or garlic stuck to the bowl.
- Roast 15-20 minutes, or until fork tender, stirring 1-2 times.

Tips from the Test Kitchen: After cooking, sprinkle with chopped fresh herbs, such as dill or flat-leaf parsley for a pretty garnish.

Nutritional Facts (Per Serving): Calories: 187, Carbohydrates: 11 grams, Protein: 4 grams, Total Fat: 14 grams, Saturated Fat: 2 grams, Cholesterol: 0 mg, Sodium: 410 mg, Fiber: 4 grams, Total Sugars: 4 grams.