

# Whole Roasted Baby Cauliflower

**Yield:** 4 servings (1/4 cauliflower head)

## Ingredients

- 1 small head cauliflower with leaves
- 2 gallons water
- 1/4 cup coarse sea salt or kosher salt
- 1 tablespoons best-quality extra-virgin olive oil, divided
- serve with tahini, optional



*Adapted from  
Skinnytaste.com  
February 3, 2020*

## Preparation

1. Preheat oven to 550°F with oven rack in center of oven. Trim stem of cauliflower, keeping leaves intact, so it will sit level on a sheet pan.
2. Bring 2 gallons water to a boil in a large pot over high heat. Stir in salt until dissolved.
3. Add the cauliflower, placing something over the cauliflower to keep it submerged.
4. Boil until very tender, 12 to 13 minutes.
5. Carefully lift the cauliflower from water and drain. Transfer to the sheet pan, stem side down.
6. Use a brush and brush the cauliflower with olive oil all over. Sprinkle remaining sea salt and bake in preheated oven until browned, about 25 to 35 minutes.
7. Broil 2 minutes. Serve hot.

## Nutritional Information: Amount per serving

- Calories: 46.5
- Calories from fat: 68%
- Fat: 3.5g
- Saturated fat: 0.5g
- Protein: 1.5g
- Carbohydrate: 3.5g
- Fiber: 1.5g
- Sodium: 600mg
- Sugar: 1.5g