

## RECIPE HUB

# Honey Roasted Cauliflower with Sage

## *Nutrient Rich Dishes*

Source: [www.whiskaffair.com/honey-roasted-cauliflower-recipe/](http://www.whiskaffair.com/honey-roasted-cauliflower-recipe/)



**SERVES:**

4



**PREP TIME:**

10 MINS



**COOKING TIME:**

20 MINS



**CALORIES:**

193 KCAL

### INSTRUCTIONS

1. Preheat the oven to 475 degrees F.
2. Line a baking tray with parchment paper or foil.
3. Mix olive oil, honey, salt and black pepper in a bowl. Then pour this mixture over cauliflower and mix well.
4. Arrange the cauliflower on the baking tray in a single layer. Randomly place the sage leaves and crushed garlic cloves throughout the cauliflower.
5. Roast for 10 minutes.
6. Give the cauliflower a mix and then roast for another 10-12 minutes, till the cauliflower turn slightly brown.
7. Remove the tray from the oven, sprinkle the sunflower seeds on top and serve immediately.

Cauliflower has a number of health benefits such as anti-inflammatory properties, helps to fight cancer, boosts heart health, boost brain health and development and is a good source of fibre.

### INGREDIENTS

- 1 big head cauliflower, cut into small pieces
- 3 tablespoons olive oil
- 2 tablespoons honey
- Salt to taste
- 1/4 teaspoon freshly ground black pepper
- 7-8 cloves garlic, crushed
- 10-12 sage leaves
- 2 tablespoons sunflower seeds

Nutrigenomix® is the science that helps to uncover the relationship between genes, nutrition and human health. **Learn more at** [www.rmalab.com/nutrigenomix](http://www.rmalab.com/nutrigenomix)



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