

## **Cauliflower Poppers** (Good on all days)

Sent in by a client

1 tbsp (olive or canola oil)

1 small head cauliflower

1/2 tsp ground cumin

1/2 tsp chili powder, or more to taste

1/2 tsp sea salt

1/2 tsp black pepper

- Preheat oven to 400°F. Line baking sheet with parchment paper (if you have).
- Cut cauliflower florets into bite-sized pieces. (There should be about 4 cups). Place cauliflower in a medium bowl and add olive oil, cumin, chili powder, salt and pepper; toss well to coat.
- Spread cauliflower on prepared baking sheet and bake until cauliflower is tender, but not mushy, stirring halfway through, about 10 minutes. Yields about 1/2 cup per serving.

By cutting the cauliflower into small bite-size pieces you will decrease the cooking time.