

Spicy Roasted Cauliflower

Wash 1 head of cauliflower, pat dry and cut into bite size pieces. Place in large jelly roll pan or other roasting pan with sides. Spray with olive oil and season to taste with salt and pepper then cover with aluminum foil. Bake at 400 degrees for 40 minutes. Remove aluminum foil and cook another 10-15 minutes, until nicely roasted. Pour a small amount of Valentina sauce over the cauliflower and cook for another 5-10 minutes, until the sauce is heated through. Serve and enjoy!

This equals approximately 2-3 servings of vegetables, depending upon the size of the head of cauliflower, as well as approximately 2 tsp of olive oil per serving. It is best to measure it after cut and before cooking to determine how many 2 cup servings you have.