

Healthy Recipes for Eye Health

Roasted Cauliflower (for Vitamin C)

Ingredients:

- 1 head of cauliflower, cut into bit size pieces*
- 2 garlic cloves, minced
- ¼ cup extra virgin olive oil
- ½ teaspoon salt
- ¼ teaspoon crushed red pepper (optional)

Directions:

1. Preheat the oven to 425°F.
2. Place cauliflower in a large bowl.
3. Add olive oil, garlic, salt and red pepper flakes.
4. Toss until combined.
5. Place on a baking sheet.
6. Roast until tender – approximately 30-40 minutes.

Time Saving Tips

- Use a food processor to quickly cut up the cauliflower
- Line the baking sheet with parchment paper to save time with clean up.

