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COMMUNITY  
PARTNERSHIP**

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## MOBILE TEACHING KITCHEN

### Masala Cauliflower

#### INGREDIENTS

- 1 large head of **cauliflower** or 2 small heads, chopped into florets (about 6 cups)
- 3 tablespoons **olive oil**
- 2 teaspoon **garam masala**
- 1 teaspoon **cumin**
- 1 teaspoon **ground ginger**
- 1 teaspoon **turmeric**
- ¼ to ½ teaspoon **salt**
- Pinch of **ground black pepper**

Optional Garnish: Chopped fresh parsley or cilantro, pickled red onions, red pepper flakes.

#### DIRECTIONS:

1. Wash hands with soap and warm water before beginning recipe. Rinse cauliflower under cold running water.
2. Preheat the oven to 350°F and line two baking sheets with parchment paper.
3. Remove the cauliflower leaves and tough stems. Cut florets off and into bite sized pieces and place in a large bowl. *The smaller you chop the florets the faster this dish will roast.* Next pour olive oil over the cauliflower, and sprinkle the spices over top. Toss to make sure the cauliflower is evenly coated.
4. Place the cauliflower on the baking sheets. *Don't overcrowd the cauliflower or it won't crisp up.*
5. Roast in the oven for 30 to 35 minutes, or until slightly crisp and golden. Once removed from oven, top with fresh parsley or cilantro, if desired.
6. Serve warm and enjoy! *Can also be stored in an airtight container in the fridge for up to a week.*



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