

Glazed Roasted Cauliflower

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*1 small head cauliflower
2 tablespoons olive oil
salt
pepper
1 tablespoon Dijon mustard
1 tablespoon date syrup
1 teaspoon balsamic
vinegar
parsley (for garnish)*

Preheat the oven to 450 degrees.

Cut the cauliflower into large florets.

On a foil-lined baking sheet, toss the florets with olive oil. Season with salt and pepper.

Roast for 25 to 30 minutes, tossing halfway through, until browned and tender.

In a bowl, mix the mustard, date syrup and vinegar. Pour over the cauliflower and toss.

Roast until glazed, 10 minutes.

Sprinkle with parsley.

Per Serving (excluding unknown items): 276 Calories; 28g Fat (87.2% calories from fat); 3g Protein; 6g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 218mg Sodium. Exchanges: 0 Lean Meat; 1 Vegetable; 0 Fruit; 5 1/2 Fat; 0 Other Carbohydrates.