

Cauliflower Popcorn



Ingredients:

- 1 large cauliflower, broken into small florets
- 1 tablespoon olive oil
- 1/2 teaspoon garlic salt

Directions:

1. Preheat oven to 400F.
2. Whisk olive oil and garlic salt together in a large bowl; add cauliflower and toss to coat completely.
3. Spread cauliflower on a sheet pan.
4. Bake in the preheated oven until golden and tender, 7 to 9 minutes, toss and cook another 5 to 7 minutes.
5. Serve immediately as a snack, or as a side dish.

Makes 4 servings.



Tarrant County Public Health
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