

Roasted Cauliflower w/ Lime, Chili & Cilantro (No Oil)

Swick

Serves 3 to 4 | Active Time: 15 minutes | Total Time: 40 minutes

Chef's Notes

Keep in mind that the cauliflower will continue to cook, even after it comes out of the oven. When done, it should have a tiny bit of crunch to it. It should not be mushy.

Roasted cauliflower, whether it is served hot or cold, is delicious. It can be added to things such as salads, antipasto platters and more.

Step 1: Preparing Your Mise en Place

- 1 large head cauliflower, cut into florets
 - 2 to 3 tbsp stock or water
 - 1 lime, halved
 - 1 tbsp Chili Powder
 - 1 tsp garlic powder
 - 1 tsp dried Mexican oregano
 - 1/2 tsp freshly ground black pepper
- To start the cauliflower, preheat your oven to 450° degrees Fahrenheit. Remove the large florets from the cauliflower and cut them into even-sized pieces. Any of the very large florets can be sliced in half.
- To start the cauliflower, preheat your oven to 450° degrees Fahrenheit. Remove the large florets from the cauliflower and cut them into even-sized pieces. Any of the very large florets can be sliced in half.
- Next, place the cauliflower into a large bowl and add the stock and squeeze on the lime juice — toss to evenly coat the cauliflower in the liquid. Reserve the squeezed lime for later. Next add the chili powder, garlic powder, dried oregano, and pepper. Note: The amount of chili powder needed will ultimately depend on how spicy you like your food and how spicy your chili powder is. Taste your chili powder before using it. For this recipe, we used this [Chili Powder recipe](#).
- Toss to evenly coat the cauliflower in the spices.

Step 2: Roasting the Cauliflower

- 1/4 cup chopped, fresh cilantro
- To roast the cauliflower, line a baking sheet with parchment paper or a silicone baking sheet. Lay any flat pieces of cauliflower cut-side down, so they caramelize nicely. Place the reserved lime onto the tray and place the tray into the oven.
- Roast the cauliflower for 15 to 20 minutes, or until they are cooked to your liking. Note that you may need to toss the vegetables and/or turn the tray during cooking.
- To finish, re-squeeze the roasted limes over the cauliflower — being careful, as the limes will be hot. Lastly, season to taste and garnish the cauliflower with the fresh cilantro. Serve immediately.