



Roasted Cauliflower with Turmeric

Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: ½ cup

Amount per Serving	
Calories	67 kcal
Protein	2.14 g
Carbohydrate	5.63 g
Total Fat	4.69 g
Saturated Fat	0.69 g
Cholesterol	0 mg
Vitamin A	3.73 IU
Vitamin C	52.51 mg
Iron	0.58 mg
Calcium	25.78 mg
Sodium	126.50 mg
Dietary Fiber	2.30 g

EQUIVALENTS: ½ cup provides ½ cup other vegetable.

Recipe HACCP Process: #2 Same Day Service

“Did you know that cauliflower comes in several colors: purple, green, orange and yellow? Serve a cauliflower rainbow!”

Roasted Cauliflower with Turmeric • 50 servings (½ cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD
			❶ Preheat convection oven to 400°F. Line 3 sheet pans with parchment paper.
Cauliflower	12 lb		❷ Trim cauliflower and cut or break into 2-inch florets.
Olive oil		½ cup	❸ Whisk olive oil, sesame oil, turmeric and salt in a large bowl. Add the cauliflower and toss to coat.
Sesame oil		½ cup	
Ground turmeric		3 Tblsp	
Kosher salt		1 Tblsp	
			❹ Divide the cauliflower among the prepared sheet pans and spread in a single layer. Roast until golden, 18 to 20 minutes.

NOTES

- Any combination of oil will work, including vegetable oil. You'll want 1 cup total.
- Wear rubber gloves so the turmeric doesn't stain your hands.

