

Roasted Sweet and Savory Cauliflower

From – *The Oz Family Cookbook*

¼ cup coconut oil
1 cup shallots thinly sliced
4 garlic cloves, minced
1 Tbsp ground cumin
1 Tbsp honey
1 Tbsp fresh lemon juice
¼ tsp red pepper flakes
1 cauliflower, cut into bite size florets
salt and pepper
½ cup pine nuts
½ cup dried currants or golden raisins

- Position oven rack in center and preheat to 400F
- Melt the oil in a large skillet over medium heat. Add the shallots and cook, stirring occasionally, until they are softened, about 2 minutes.
- Stir in the garlic and cook until it is fragrant, about 1 minute.
- Add the cumin and mix until it gives off its aroma, about 30 seconds.
- Stir in the honey, lemon juice, and red pepper flakes.
- Put the cauliflower in a 9X13 baking dish. Pour the cumin mixture over the cauliflower, season to taste with salt and black pepper, and mix well. Spread the cauliflower mixture in the dish.
- Bake, stirring occasionally, until the cauliflower is a golden brown and just tender, about 30 minutes. During the last 5 minutes or so of baking, stir in the pine nuts and currants.



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