Roasted Spicy Cauliflower

Prep Time: 5 minutes  
Cook Time: 25-30 mins

Yield: 8 one cup servings

Per Serving:
- Calories: 50
- Total Fat: 0 grams
- Added Sugars: 0 grams
- Protein: 2 grams
- Fiber: 3 grams

Ingredients:
- 1 head (2 pounds) cauliflower, trimmed & broken into bite-sized florets
- 1 teaspoon red pepper flakes
- 2 tablespoons extra virgin olive oil
- ⅛ teaspoon freshly ground black pepper
- Pinch salt

Directions:
1. Preheat oven to 400 degrees
2. Place all ingredients in a large bowl, toss to combine
3. Arrange in a single layer on a baking sheet
4. Roast until softened and golden brown, 25-30 minutes, then serve hot