



Oven Roasted Cauliflower with Rosemary and Garlic

Adapted from [The Two-Week Wellness Solution](#)

Ingredients:

- 1 tsp dried rosemary
- 1 tbsp olive oil
- 6 cloves garlic, minced
- 1/4 tsp salt
- 1/4 tsp sucanat (or sugar)
- 1/4 tsp ground black pepper
- 1/2 tsp balsamic vinegar
- 4 cups chopped cauliflower (bite size pieces)

Method:

Preheat oven to 400F.

In a large bowl, mix all the ingredients except the cauliflower. Add the cauliflower and mix until everything is evenly distributed. Spread the cauliflower mixture onto a baking sheet, making sure to get all the little bits of herbs and garlic with a spatula.

Bake for 30 minutes, turning once after 15 minutes. It's done when the cauliflower is browned and very tender. Serves 2 as a side dish.