



Maple Sriracha Cauliflower

Directions:

1. Add cauliflower to a large bowl or a couple of sheet- pans.
2. In a small bowl combine olive oil, sriracha, maple syrup, salt, and pepper. Pour the sriracha mixture over the cauliflower and mix well, making sure the cauliflower is well coated in the sauce.
3. Spread the cauliflower onto a few sheet-pans and roast in convection oven, at 425, for about 15 to 20 minutes, stirring once at the half way point. Roast until golden brown.

Nutrition Facts: 80 cal, 4 g fat, 11 g carb, 3 g pro, 88 mg Na+, 3 g fiber

Ingredients:

1 pound cauliflower florets
1/2 Tablespoon olive oil
1 teaspoon sriracha
1 teaspoon maple syrup
1 pinch black pepper

Yield: 4 servings

Time: 30 minutes

Sriracha is a medium spiced hot sauce found in the condiment section of grocery stores. However, if you are sensitive to spicy foods you may want to skip this recipe.

Additional seasoning ideas:

- Thyme, parsley & tarragon
- Mrs. DASH
- Garlic powder, Italian seasoning