

Rice with Roasted Cauliflower

Total time: 45 minutes

Servings: 8 to 10

1/2 head cauliflower, cut into florets

2 T. canola oil

salt pepper & a pinch of curry powder

4 C. water

1 C. organic brown rice

1 t. red chili flakes

2 t. olive oil

1/4 C. chopped green onions

Heat the oven to 400 degrees

In an oven proof baking dish, toss the cauliflower with the canola oil and season with salt and pepper

Roast until the cauliflower is tender and golden brown about 20-25 minutes, tossing periodically to make even coloring and cooking

When roasting is complete add the curry powder to the cauliflower to taste

Cook the rice with the chili flakes

Combine the rice, cauliflower, and olive oil

Stir in the green onions and serve immediately