

Roasted Cauliflower with Garbanzo Beans

Serves four

1 medium head of cauliflower – separated into florets and washed
1 – 15 oz. (425 grams) can of garbanzo beans – drained and rinsed
1 TBS olive oil
1 tsp. salt
1 tsp. curry powder
Chopped cilantro or parsley for garnish

Preheat your oven to 425° F (220° C).

Place the cauliflower and the garbanzo beans in a bowl.

Mix the oil with the salt and curry powder in a small bowl and pour it over the cauliflower.
Toss it so as to coat all of it with the oil.

Spread the cauliflower into a roasting pan without piling it up. You do not want it to steam.

Roast for 20 to 25 minutes – until the cauliflower is lightly browned and softened.

Serve and garnish with cilantro or parsley if using. Enjoy!