

## **Roasted Cauliflower**

1 head of cauliflower, cut into florets  
olive oil  
salt and pepper

Preheat oven to 425 degrees F.

Toss cauliflower florets in some olive oil and season with salt and pepper. Spread out in a single layer on a baking sheet. Roast in the oven until golden brown.

(Servings: 2, Prep time: 5 min., Cook time: 25 min., Difficulty: Easy)

## **Roasted Cauliflower, Chickpeas, Spinach and Zucchini Salad**

roasted cauliflower, see recipe above  
1 onion, diced  
1 zucchini, diced  
2 14.5 oz. cans of chickpeas, drains and rinsed  
½ tsp of cumin  
1 tsp of coriander  
¼ tsp of turmeric  
1.5 tsp of whole grain mustard (with seeds)  
1-2 tbsp of white wine vinegar  
salt and pepper  
olive oil  
1 box of baby spinach (5-6 oz)

In a large skillet over medium high heat, sauté onions until translucent (about 5 min.). Add zucchini and cook until soft (3-5 min.). Add chickpeas, cumin, coriander, turmeric, salt and pepper and cook until chickpeas are warmed through (3-5 min.).

Make vinaigrette for spinach: In a large bowl, add mustard, white wine vinegar, salt and pepper. Whisk to combine and slowly add olive oil until desired balance of vinegar and oil is achieved. Add to spinach and toss to coat.

Combine everything. Eat warm or room temp!

(Servings: 4-6, Prep time: 15 min., Cook time: 25 min., Difficulty: Easy)