



Cauliflower is a member of the cruciferous family of vegetables, often overshadowed by its green cousin broccoli. This is one vegetable that deserves a regular rotation in your diet.

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## HEADS UP!

### **Roasted Cauliflower with Tahini and Brazil Nuts**

1-head organic cauliflower, separated  
into bite-sized pieces  
2 tablespoons olive oil  
1/4 cup tahini

1/4 cup Brazil nuts, chopped  
1 teaspoons salt  
1 teaspoon pepper

Preheat oven to 400° Fahrenheit

Toss chopped cauliflower with olive oil, salt, and pepper and spread on baking sheet.

Roast for 40 to 50 minutes, turning every 15 minutes, until cauliflower is browned on all sides.

Take out of the oven and toss with tahini and chopped Brazil nuts.

Serve immediately. Enjoy!

