

## Spicy Cauliflower with Dill

**Makes:** 5, ½ cup portions

### **Ingredients:**

Cauliflower Florets: 16 oz.

Vegetable Oil: 2 ½ tsp.

Fresh Peeled Garlic, minced: 1 tsp.

Whole Mustard Seed, crushed: ¾ tsp.

Crushed Red Pepper: ¾ tsp.

Sugar: ½ tsp.

Kosher Salt: ½ tsp.

Dried Dill Weed: ½ tsp.

Black Pepper: ½ tsp.

### **Instructions:**

1. Combine all ingredients, mix well and place on parchment lined sheet trays.
2. Roast at 325°F for 25 minutes, until lightly browned and tender.
3. Serve warm.