

Simple Lemon Parsley Cauliflower Rice

Yield: 4 servings

Prep Time: 5 minutes

Cook Time: 25 minutes

Ingredients:

1 head cauliflower

1 tablespoon extra-virgin olive oil

1-2 teaspoons smoked paprika

Salt to taste

1. Place a rack in the center of oven and preheat to 400 degrees. Line a baking sheet with parchment paper. Pull the leaves off the cauliflower base. Cut off the lower part of the stem.
2. Cut the cauliflower into four quarters. Slice each quarter into 6-8 pieces. You want as many flat surfaces as possible on each floret – the flat surfaces caramelize best. Caramelization is key to giving the roasted cauliflower flavor.
3. Rinse florets thoroughly in colander and shake dry. Spread onto clean kitchen towel to dry a bit more. Spread the cauliflower on the baking sheet. Reserve any small bits of cauliflower that have fallen away from the florets in a small bowl.
4. Drizzle the florets evenly with 1 tablespoon olive oil. Toss the florets to coat evenly.
5. Sprinkle cauliflower evenly with smoke paprika and salt to taste. Be generous with salt.
6. Place the baking sheet into preheated oven and roast for 10 minutes. While cauliflower is cooking, drizzle $\frac{1}{4}$ teaspoon of olive oil into the small bowl of cauliflower bits and toss to coat. Sprinkle with smoke paprika and salt.
7. After 10 minutes, remove the baking sheet from oven. Sprinkle the reserved cauliflower bits onto the baking sheet.
8. Return the baking sheet to oven and roast for an additional 10-20 minutes until tender. When you can easily pierce the cauliflower with a fork it is done.
9. Serve hot.