

RECIPE

Crispy Cauliflower Poppers

MAKES: 4 SERVINGS

INGREDIENTS

- 1 head cauliflower
- 2 tablespoons olive oil
- 1 teaspoon coarse salt
- A pinch or two of red pepper flakes (optional)

You will never believe how good roasted cauliflower is until you try it for yourself. Roasting transforms those frumpy little florets into crispy, salty flavor bombs. At our house, we inhale cauliflower poppers while we're waiting for the rest of dinner to cook, so I always plan for a second batch to go with the meal.

PREPARATION

1. Preheat the oven to 475°F.
2. Using a knife, trim the stem and leaves from the bottom of the cauliflower. Turn the cauliflower stem-side down so it's resting flat on a cutting board. Slice through the cauliflower as if it's a loaf of bread, cutting ½-inch- thick slices. Break the florets away from the stem with your hands, or with the tip of your knife, making bite-size or slightly larger pieces.
3. Put the pieces in a large bowl, add the olive oil, and stir to coat them.
4. Arrange the pieces, with plenty of space between them, on a baking sheet and sprinkle with the salt.
5. Bake until the cauliflower gets nice and brown on top, 25 to 30 minutes. It may look like it's burning a bit at the edges but that's okay. Turn off the oven, remove the baking sheet, and allow the poppers to cool for 5 minutes.
6. Serve warm, and garnish with the red pepper flakes, if desired.

