



## October 30- Baked Cauliflower Poppers

Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=1936767>

### Recipe

*Ingredients:*

2 heads of cauliflower

¼ cup olive oil

1 ½ teaspoon salt

1 teaspoon pepper

*Directions:*

1. Preheat oven to 400°F.
2. Wash and clean cauliflower. Cut off stem, and cut cauliflower into small pieces.
3. In large bowl, combine olive oil, salt and pepper. Add cauliflower pieces and thoroughly coat each piece.
4. Place cauliflower pieces onto a baking sheet lined with parchment paper. Bake for one hour, turning 3 times during cooking, until each piece has a brown coloring.

Yield 20 servings

### Nutrition Facts

Serving Size 1 cup (53.26g)  
Servings Per Container 20

Amount Per Serving

Calories 40      Calories from Fat 25

% Daily Value\*

**Total Fat** 3g      4%

Saturated Fat 0g      2%

Trans Fat 0g

**Cholesterol** 0mg      0%

**Sodium** 190mg      8%

**Total Carbohydrate** 3g      1%

Dietary Fiber 1g      4%

Sugars <1g

**Protein** <1g      2%

Vitamin A 0%      •      Vitamin C 40%

Calcium 0%      •      Iron 0%

\* Percent Daily Values are based on a 2,000 calorie diet.