

# K's Kitchen: Spicy cauliflower satisfies

By Kathryn Reed

Cauliflower used to be one of my least favorite vegetables. But like so many veggies, it's all about how it is cooked and seasoned.

Much like broccoli, cauliflower is usually cut into florets and then cooked. The recipe below cooks the entire head of cauliflower before cutting it into pieces to serve. For one, this makes for a different type of presentation. It would also allow people to take as much as they like. The problem could be that those who like this concoction may take more than their fair share.

It is so incredibly easy to make that this would be a good dish for kids to start with or have that novice cook help with. The only tricky part for kids would be cutting off the stem, so that would be better for an adult to handle.

You are bound to have leftovers of the marinade. It can be used on other veggies or meats or fish. Or go get more cauliflower.

The nice is this is healthy because yogurt is used instead of sour cream. Guilt free, good eating is always something to savor.



## Spicy Cauliflower

1 T olive or vegetable oil

1 head cauliflower

1½ C plain Greek yogurt

1 lime, zest and juice

2 T chile powder

1 T cumin

1 T garlic powder

1 tsp curry powder

2 tsp kosher salt

1 tsp black pepper

Preheat the oven to 400 degrees. Lightly grease a small baking sheet with oil.

Trim stem and leaves from cauliflower.

In a medium bowl, combine all of the other ingredients.

Put cauliflower in the bowl to cover it with mixture. Use hands or spatula to cover thoroughly. Excess marinade can be stored in the refrigerator in an airtight container for up to three days.

Place the cauliflower on the prepared baking sheet and roast

until the surface is browned with a crust on top. It will take 30 to 40 minutes.