

## ROASTED CAULIFLOWER POPCORN



### Ingredients

5 Pounds Cauliflower Florets

¾ Cup Olive Oil

½ Tablespoon Salt

½ Tablespoon Pepper

½ Tablespoon Smoked  
Paprika

½ Tablespoon Onion Powder

½ Tablespoon Garlic Powder

1½ Teaspoons Chili Powder

### Directions

1. Preheat oven to 425°F.
2. Spray baking sheet with cooking spray.
3. In large bowl, toss cauliflower florets with olive oil until everything is evenly coated.
4. In small bowl, stir together salt, black pepper, smoked paprika, onion powder, and garlic powder.
5. Add spice mixture to cauliflower and mix well to combine.
6. Place cauliflower florets on baking sheet.
7. Roast 20-25 minutes or until cauliflower is tender and golden.

YIELD:  
17½ CUPS

### Crediting

Provides a Vegetable at Snack:

Toddler  
½ Cup

Preschool  
¾ Cup

School Age  
¾ Cup

Adult  
½ Cup