

# *Cauliflower Bites*



## **What you will need:**

- 2 heads of cauliflower
- 1/4 cup of olive oil
- 1 1/2 teaspoon of salt
- 1 teaspoon of pepper

## **Directions:**

- Preheat oven to 400 degrees
- Wash and clean the cauliflower. Cut off and discard the stem. Cut the cauliflower up into small pieces.
- In a large bowl, combine the olive oil, salt and pepper. Add the cauliflower pieces and thoroughly coat each piece.
- Place cauliflower pieces onto a baking sheet lined with parchment paper. Bake for one hour and turn 3 times during cooking until each piece has a nice brown coloring. The browner they are the better.
- Remove from oven and enjoy!

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