

# Healthy Recipe of the Week

*Use Organic ingredients whenever possible.*

## Curried Cauliflower "Popcorn"

From [www.melskitchencafe.com](http://www.melskitchencafe.com)

The curried cauliflower is really good, and goes well with the Thai Coconut Milk Grilled Chicken which you can find on the "past healthy recipes" page on the website.

1 medium head cauliflower  
1 ½ Tbsp olive oil  
¼ to ½ tsp salt  
½ tsp curry powder

1. Preheat the oven to 475°F.
2. Wash and core the cauliflower and cut the florets into bite-size pieces. Place in a large bowl. Toss the cauliflower with the olive oil, salt, and curry powder.
3. Turn the cauliflower onto a large rimmed baking sheet. Bake for 16-18 minutes, stirring every 6-7 minutes, until the cauliflower is browned in spots and is crisp-tender. Serve immediately.