

LUNCH OR DINNER — SIDE DISH

Roasted Cauliflower

Makes 4 servings · about 1 cup each

SATIETY SCORE 3 / 5	NUTRITION HIGH
Per serving (approx.): Protein 4 g · Fiber 4 g · Calories 110	

Ingredients

- 1 head cauliflower, chopped into florets
- ¼ cup red onion, diced
- 3 mini sweet peppers, diced (any combination)
- 1–2 Tbsp olive oil, drizzled
- 1 Tbsp balsamic vinegar (or to taste), drizzled
- Sweet jerk seasoning to taste
- Salt and pepper to taste

Directions

1. Preheat the oven to 400°F.
2. Combine all ingredients on a sheet pan.
3. Roast 30–35 minutes, until tender and golden brown on top.

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

Roasted Cauliflower

Makes 4 servings · about 1 cup each

Check off what you need — items are grouped by store section.

PRODUCE

- ☐ 1 head cauliflower into florets
- ☐ 1 medium red onion (about ¼ cup diced)
- ☐ 3 mini sweet peppers (any combination)

CHECK YOUR PANTRY

- ☐ Olive oil
- ☐ Balsamic vinegar
- ☐ Sweet jerk seasoning
- ☐ Salt
- ☐ Black pepper