

1 head [cauliflower](#) or 1 head equal amount of pre-cut commercially prepped [cauliflower](#)

4 tablespoons [olive oil](#)

1 teaspoon [salt](#), to taste

## Directions:

- 1 Preheat oven to 425 degrees.
- 2 Trim the head of cauliflower, discarding the core and thick stems; cut florets into pieces about the size of ping-pong balls.
- 3 In a large bowl, combine the olive oil and salt, whisk, then add the cauliflower pieces and toss thoroughly.
- 4 Line a baking sheet with parchment for easy cleanup (you can skip that, if you don't have any) then spread the cauliflower pieces on the sheet and roast for 1 hour, turning 3 or 4 times, until most of each piece has turned golden brown.
- 5 (The browner the cauliflower pieces turn, the more caramelization occurs and the sweeter they'll taste).
- 6 Serve immediately and enjoy!
- 7 Where I got it: I originally heard about this recipe at Gail's Recipe Swap, where Josh posted it and many folks tried and loved it.

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