
Whole Roasted Cauliflower with Smoked Paprika

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Servings: 8

Preparation Time: 15 minutes

Start to Finish Time: 1 hour 15 minutes

4 carrots, peeled and cut into one-inch pieces
1 pound golden beets, peeled and cut into 1/2-inch wedges
1 pound red beets, peeled and cut into 1/2-inch wedges
5 tablespoons olive oil
2 1/4 teaspoons sea salt
1 1/4 teaspoons black pepper
2 heads cauliflower, stems trimmed flush with the heads
1 tablespoon fennel seeds
1 tablespoon smoked paprika
1 teaspoon garlic powder
juice of one lemon (three tablespoons)
chopped fresh parsley (for garnish)

Preheat the oven to 425 degrees.

Place the carrots in a bowl. Line a three-quart baking dish with foil. Fold or crumple another piece of foil into a thick strip and position across the middle of the dish to create a barrier. Place the golden beets on one side of the barrier and the red beets on the other. Drizzle one tablespoon of olive oil over the beets and carrots. Sprinkle with 1/4 tablespoon each of salt and pepper. Toss separately to coat.

Stand the cauliflower heads upright in another three-quart baking dish. Grind the fennel seeds with a mortar and pestle. Add the smoked paprika, garlic powder and remaining two teaspoons of salt, one teaspoon of pepper and four tablespoons of olive oil. Mix to create a paste. Brush the cauliflower with the paste. Drizzle with lemon juice. Pour 1/4 cup of water into the bottom of the dish.

Roast the beets and cauliflower, covered, for 30 minutes. Increase the oven temperature to 450 degrees. Stir the beets. Add the carrots to the cauliflower. Roast all of the vegetables, uncovered, until golden brown and tender, 20 to 30 minutes more. Transfer to a serving dish and garnish with parsley.

Side Dishes

Per Serving (excluding unknown items): 101 Calories; 9g Fat (74.0% calories from fat); 1g Protein; 6g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 550mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 1 1/2 Fat.