Smokey Roasted Cauliflower Recipe

If you're not already on board with one of the biggest trends of the past few years, I want you to know that cauliflower is one of the best substitutes for animal proteins there is!

Roasting cauliflower gives it this meaty substance that really satisfies in a completely plant-based way.

[For more on why lean animal proteins are not as good for you as you've been lead to believe, be on the look out for my blog post on Thursday.]

This recipe uses smoked paprika, which if you haven't tried it, is worth the small investment. It's a totally different flavor than regular paprika – much smokier – and the flavor it gives this dish and other dishes is great.

You can substitute with regular paprika if you don't want the smoky flavor or can't find it, but I encourage you to give it a try.

Let me know what you think over on Facebook.

SMOKEY ROASTED CAULIFLOWER

Ingredients [Serves 4]

1 large head of cauliflower
1 tbsp. coconut oil
2 tsp. smoked paprika
Sea salt to taste (Celtic Grey, Himalayan, or Redmond Real Salt)

Directions

Preheat oven to 400 degrees Fahrenheit. Cut the lower part of the cauliflower stem off, and pull off any leaves. Cut the cauliflower head into 4 parts.

Next, slice each piece into an additional 6 pieces (give or take based on size). Place in a small bowl and drizzle with melted coconut oil, and toss with your hands.

Next, sprinkle cauliflower with smoked paprika and sea salt, and toss with your hands

once again.

Place on a baking sheet, and bake for 20-30 minutes (to desired crispiness and appearance – check occasionally to prevent burning).

And be sure to tune in THIS Thursday, January 23rd to **LIVE with KELLY AND RYAN!**

I'll be doing a healthy eating segment, and we'll be preparing a couple of Kelly's FAVORITE alkaline recipes my book to help you GET OFF YOUR AICD!

Tune in to ABC 9am EST this Thursday!