

SKILLET ROASTED CAULIFLOWER

INGREDIENTS

Head of Cauliflower

DIRECTIONS

Slice one head of Cauliflower into thick slices leaving as much intact on the stem as possible- start down the middle and then get one or two more slices.

Place in a cast iron skillet over a medium-low flame and bring to a slow cooking temperature with enough oil to lightly grease the bottom of the pan.

Sprinkle some East Nashville Spice Company all-purpose seasoning over the top whilst the bottom side cooks, and then after turning after about 15 minutes, sprinkle the cooked side with a little more.

Cook for another 15 minutes.

Serve instead of meat alongside a hearty Kale salad and crusty bread with fresh sliced Tomato.