



MINH™
**Roast Cauliflower with
 Ginger Orange Sauce**

Try this tasty and colorful way to prepare vegetables! Roasting brings out natural sweetness and adds eye appeal. The flavorful orange sauce and crunchy almonds will have your students asking for more.

Yield: 10 – ½ cup servings

Ingredients

- MINH™ Less Sodium Orange Sauce
- Ginger, Fresh Minced
- Garlic, Fresh Minced
- Lemon Zest
- Sambal Oelek Chili Sauce
- Cauliflower Florets, Fresh or Frozen
- Oil, Olive
- Almonds, Sliced & Toasted

Volume

- ½ Cup + 2 TBS
- 1 tsp
- 1 tsp
- 1 tsp
- 1 tsp
- 10 Cup
- 2 TBS
- 1/3 Cup

Weight

- 6.2 OZ
- .1 OZ
- .1 OZ
- .03. OZ
- .2 OZ
- 2 Pounds 8 OZ
- 1.2 OZ
- 1.3 OZ

Preparation - Sauce

1. Combine the orange sauce, ginger, garlic, lemon zest and Sambal Oelek in a saucepan and heat over medium heat, stirring occasionally
2. Bring to a simmer and cook for 10 minutes
3. Hold hot for service

Preparation - Cauliflower

1. Preheat oven to 400 degrees
2. Place cauliflower in a mixing bowl and add olive oil. Mix to coat cauliflower with oil
3. Spread cauliflower in a single layer on sheet pans. Place in oven and roast for 10 minutes or until cauliflower is tender and turning brown on the edges
4. Place roasted cauliflower in mixing bowl, add sauce and mix until evenly coated. Garnish with almonds and hold hot for service

Nutrition Information (amount per ½ cup serving)

Total Calories: 92 Sodium: 68mg Fat: 4.09g Sat Fat: .7g
 Vegetable Other – 1/2 Cup