

# Indian Cauliflower Sheet-pan Supper



**Prep:** 15 mins

**Total:** 45 mins

**Servings:** 4

**Yield:** 5 cups

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## Ingredients

Weekend-prepped cauliflower florets

Olive oil

Curry powder

Chili powder

Salt

Chickpeas

Unsalted cashews

Raisins

Olive oil

Shallots

Store-bought naan or pita bread

Plain low-fat yogurt

Mango chutney

Cilantro

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## Directions

### Step 1

Preheat the oven to 400°F. Toss the weekend-prepped cauliflower florets with 2 Tbs. olive oil, 1 tsp. curry powder, 1 tsp. chili powder, and 1/2 tsp. salt. Spread the florets on a large parchment-lined baking sheet and roast for 15 minutes. Combine one 15 oz. can chickpeas, drained and rinsed; 1/2 cup unsalted cashews; and 1/4 cup raisins with 1 Tbs. olive oil. Add the chickpea mixture to the baking sheet along with 2 shallots, sliced. Roast for 10 to 15 minutes more or until the cauliflower is well-browned and tender. Cut two pieces of store-bought naan or pita bread in half and heat. In a small bowl combine 1/2 cup plain yogurt and 2 Tbs. mango chutney. Garnish the cauliflower with chopped fresh cilantro, and serve with the yogurt mixture and naan.

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### **Weekend Prepped Cauliflower**

Cut 1 head cauliflower into florets. Refrigerate.

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### **Nutrition Facts**

#### **Per Serving:**

510 calories; total fat 23g; saturated fat 4g; polyunsaturated fat 4g; monounsaturated fat 13g; cholesterol 2mg; sodium 782mg; potassium 711mg; carbohydrates 65g; fiber 8g; sugar 20g; protein 15g; trans fatty acidg; vitamin a 289IU; vitamin c 50mg; thiaminmg; riboflavinmg; niacin equivalent 4mg; vitamin b6mg; folate 146mcg; vitamin b12mcg; calcium 162mg; iron 4mg.