

Roasted Cauliflower and Garlic Potatoes

1 head of cauliflower
5-6 baking potatoes
1- 2 T. coconut oil or high
heat oil
3 cloves of garlic
1 tsp rosemary (fresh or
dried)
1 tsp sea salt, or as you like

Heat the oven to 400 *F. Cut
the cauliflower and potatoes
into medium size bites. Place
the oil, cauliflower and
potatoes in an 11 x 13 pan,
stirring it around to get the
oil mixed on to all of the



vegetables. Cook for 30 minutes. Chop the garlic into small diced pieces. The vegetables should be lightly browned when done, take them out and add the garlic, rosemary and salt.

This is a favorite of my family. Enjoy!

Recipe by Kelly Pomeroy