



Ashley's Meal Prep Monday!



Herb and Maple Roasted Cauliflower

INGREDIENTS

- 1 head of cauliflower, cut into florets
- 1 can chickpeas, drained, rinsed and towel dried
- 3 TBSP avocado oil
- 2 TBSP maple syrup
- 1 TBSP fresh chopped rosemary
- 1 TBSP fresh chopped thyme
- 1 TSP salt
- 1/2 TSP pepper
- 5 ribs of celery, cut into 1/4 inch pieces
- 4 slices of bacon, cut into 1/2 inch pieces
- 1/2 cup dried cranberries

Preheat oven to 425, line a cookie sheet with parchment paper and set aside.

Combine cauliflower, chickpeas, oil, syrup, herbs and salt/pepper in a large bowl. Toss evenly to coat. Add mixture to cookie sheet and bake for 25 minutes.

After 5 minutes, add celery and bacon and toss. Bake for another 20-25 minutes. Once you remove from the oven, add cranberries and toss lightly. Serve and enjoy!



Recipe: @olivia.adriance

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