



Ranch Cauliflower

INGREDIENTS

- 1 medium head of cauliflower (about 12 oz), cut into pieces
- 2 oz Daisy light sour cream
- 1 tsp Hidden Valley Ranch dressing and seasoning powder
- green onion for garnish

NUTRITION FACTS

Serves: 2

Amount Per Serving

- Calories 98
- Total Fat 3 g
- Saturated Fat 2g
- Cholesterol 10 mg
- Sodium 198 mg
- Carbohydrate 14 g
- Dietary Fiber 4 g
- Sugars 6 g
- Protein 6 g
- myWW Blue: 2
- myWW Purple: 2
- myWW Green: 2

DIRECTIONS

INSTRUCTIONS

1. Preheat oven to 400 degrees.
2. Spray a foil-lined baking tray with olive oil spray.
3. Spread cauliflower pieces on tray and spray cauliflower with olive oil spray.
4. Roast in oven for 20 to 25 minutes (or until roasted to your liking), flipping halfway.
5. Remove from oven.
6. Top with Ranch sauce and green onion.

This recipe can be found at:

<https://planningushealthy.com/ranch-cauliflower>

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