

Mustard Garlic Baked Cauliflower

Ingredients:

- 1 cauliflower
- Juice of 1 lemon
- 3/4 tsp. NVBP's Garlic Plus Seasoning
- 2 tsp. NVBP's Mustard (any variety)
- 1 tbsp. olive oil
- 1 tsp. salt
- NVBP's Garlic and Peppercorn seasoning to taste (ground)
- 2 tbsp. yeast flakes

Instructions:

- Preheat oven to 350°F
- Cut cauliflower head into bite size pieces
- Mix all other ingredients together in a large bowl
- Toss cauliflower into the sauce
- Bake in oven 25-30 min. or a little less if you want to cauliflower to retain a bit of crunch