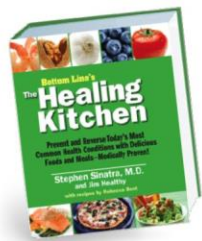


# The Healing Kitchen

## A Recipe from



## DR. SINATRA'S CHERRY ROASTED CAULIFLOWER

Roasted peppered [cauliflower](#) livens up this simple, nutritious vegetable. Cherries and lemon juice offer a subtle sweet-and-sour complement to the succulent cauliflower.

*\*Choose organic items whenever possible\**

- 1 head cauliflower (intact), cut into 1/2-inch-thick slices from top to stem, so that the pieces lie flat
- 1 tablespoon light [olive oil](#)
- 3 tablespoons lemon juice
- 4 tablespoons roughly chopped dried cherries
- 1 teaspoon salt
- Pinch freshly ground black pepper

Place an oven rack on the middle shelf of the oven and preheat to 350°F. On a sheet pan, spread the cauliflower in a single layer. In a small bowl, combine the olive oil, lemon juice, cherries, salt and pepper and mix until well blended. Drizzle the cauliflower with the mixture and bake for 25 minutes, until the cauliflower is tender. Halfway through the cooking process, turn the cauliflower. Some of the smaller pieces may cook more quickly; watch them carefully to avoid burning. Remove the cauliflower from the oven, making sure to scrape up all the bits, transfer to a dish and serve. Serves 2.

For more great recipes visit [Dr. Sinatra's Recipes for Health page!](#)

Purchase *The Healing Kitchen* [here!](#)