

Zesty Baked Cauliflower



INGREDIENTS

- 1 tablespoon dill weed
(finely chopped)
- 1 teaspoon lemon zest
(from organic lemon)
- 1-2 garlic cloves, chopped
- ¼ teaspoon sea salt
- ¼ teaspoon ground cumin
- 3 tablespoon butter, softened
(organic from grass fed cows)
- Fresh ground pepper

DIRECTIONS

1. Preheat oven to 350 degrees.
2. In a small bowl, blend together butter, dill, lemon zest, garlic, salt, and cumin, and grind some fresh pepper into the mixture. Mix thoroughly.
3. Coat cauliflower well with spread. Place in a deep covered casserole dish, flat side down.
4. Bake for 45 minutes to 1 hour depending on the size of the cauliflower.
5. Remove from the casserole dish and set cauliflower in a serving bowl.
6. Drizzle cauliflower with juices from the casserole dish. Serve.