



# HOW TO GRILL CAULIFLOWER



Serves: 4



Prep Time: 10 minutes  
Cook Time: 10 minutes

## INGREDIENTS

- 1 head Ocean Mist Farms cauliflower, rinsed and cut into florets
- 1 Tbsp. olive oil
- Salt and pepper, to taste
- 1 lemon, halved
- Additional herbs of choice
- Sheet of aluminum foil or grill basket



### PREHEAT

Grill over medium heat.



### TOSS

Cauliflower florets with olive oil and seasonings.



### GRILL

On a sheet of aluminum foil or grill basket, turning frequently for 8-10 minutes.



### REMOVE

From heat and add herbs and lemon juice.

