

Don't miss a recipe! Click here to sign up for FREE updates via email and exclusive GIVEAWAYS.

HOME ABOUT RECIPE INDEX HEALTHY PANTRY HEALTHY LIVING OUTSIDE THE BLOG CONTACT ME COMMUNITY TERMS & CONDITIONS

# Jeanette's Healthy Living



Where delicious and healthy come together to promote a lifestyle you can enjoy in good health.

## Simple Roasted Garlic Cauliflower and Potatoes Recipe

by Jeanette on November 7, 2013 · 22 Comments

Don't miss out on any recipes! Sign up for my weekly e-newsletter and exclusive giveaways. Simply click here to subscribe. You can also subscribe to my cooking videos on YouTube here.



**Pin it** 1K+

This recipe for **Roasted Rainbow Cauliflower Potatoes and Garlic** is an easy side dish that can be made any night of the week. Made with purple, green and golden cauliflower, it's elegant enough for company as a holiday side dish.



### About Me



Hi! I'm Jeanette - welcome! Step into my kitchen, where you'll find healthy dishes packed with flavor and goodness.

[Read More ...]

**amazon.com**

**Kindle 6" Glare-Free Touchscreen Display, Wi-Fi...**  
 ★★★★★ (6285)  
**\$79.00**

**BlogHer Food Network**  
part of the sheknows media family

Enjoy what you see? Like us on Facebook!

**f Like** 10k

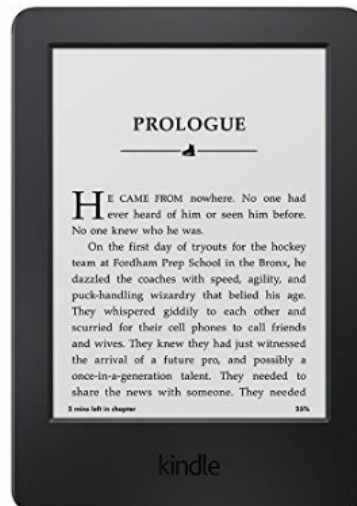


I've been making these **Roasted Garlic Cauliflower and Potatoes** ever since my brother-in-law introduced them to our family years ago at Christmas time. I still remember when he made them for the first time for my family. My brother-in-law is an amazing guy, probably one of the sweetest guys you will ever meet, plus he cooks...how awesome is that!



He, my sister-in-law, and their two beautiful daughters have spent every Christmas with our family,

amazon.com



[Kindle, 6" Glare-Free Touchscreen Display, Wi-Fi - Includes Special Offers](#)

★★★★★ (6285)

**\$79.00**

AdChoices | Advertise | Privacy

featured on BlogHer

[DISCOVER MORE HERE](#)

Never Miss Out On A Recipe

Sign Up For My Weekly Newsletter

email address

Subscribe

amazon.com

[Kindle, 6" Glare-Free Touchscreen Display, Wi-Fi ...](#)

★★★★★ (6285)

**\$79.00**

Advertise with us

Report this ad

Search My Site

Search this website...

Search

Enjoy what you see? Like us on Facebook!

FOLLOW ME ON



as far back as I can remember. We are so fortunate to have them in our lives. They've been with us through thick and thin, and I feel so blessed to have them. Although they live in another city, at the drop of a dime, when we have needed them, they have driven to our home in the middle of the night. That is family.



So, each Christmas, we take turns cooking dinner. Thankfully, my brother-in-law is a great cook, so he always offers to make one of the dinners during their stay with our family. The year he made these Roasted Garlic Cauliflower and Potatoes, I was a bit worried. I had never made cauliflower for my boys, fearful that they'd spit it out. So, I couldn't believe it when my eldest son (who is the pickiest eater out of the bunch) declared how good this was. He's the pickiest vegetable eater out of all four of my boys, so I was thrilled that he loved this cruciferous vegetable.

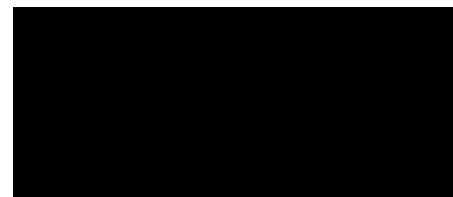


### A Message From Zipcar



### More People Choose Zipcar

Let's keep things casual. Join Zipcar for \$6/month, no commitment, no annual fee. Wheels when you want them. Gas and insurance included.





**amazon.com**

[Kindle, 6" Glare-Free Touchscreen Display, Wi-Fi ...](#)

★★★★★ (6285)

**\$79.00**

Advertise with us

Report this ad

### Recipes for Foodies

Enjoy what you see? Like us on Facebook!

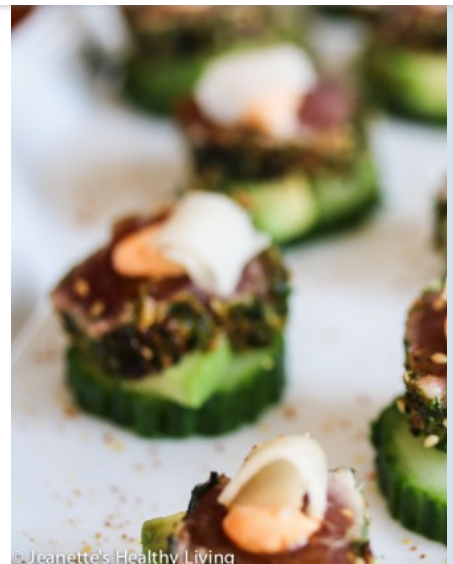




Ever since, I have made Roasted Cauliflower on a regular basis, and am so glad that my brother-in-law introduced my family to this easy preparation of a super healthy vegetable. You can learn more about cauliflower and its **health benefits** in my [original post with this recipe](#).



This simple dish is elevated by using a variety of naturally vibrant cauliflower ~ purple, green and



©Jeanette's Healthy Living

Healthy Asian Recipes



Healthy Slow Cooker Recipes



Healthy Soup Recipes

Enjoy what you see? Like us on Facebook!



golden cauliflower as well as purple and white potatoes from the farmer's market. I love it when nature provides a rainbow of colorful vegetables that can be simply prepared yet make such a statement.

This week, I'm participating in Food Network's Fall Fest where Cauliflower is being featured. Please be sure to stop by and check out what my fellow foodie friends made:

- Big Girls, Small Kitchen:** [Roasted Cauliflower and Bulgur Salad](#)
- Feed Me Phoebe:** [Pan-Roasted Cauliflower](#)
- Devour:** [Cauliflower and Broccoli Mac and Cheese for Thanksgiving](#)
- Blue Apron Blog:** [Cauliflower "Mac 'n Cheese"](#)
- Napa Farmhouse 1885:** [Roasted Cauliflower and Broccoli with Cranberries and Garlic Breadcrumbs](#)
- Red or Green:** [Cauliflower, Leek and Pepper Frittata](#)
- Virtually Homemade:** [Roasted Cauliflower with Bacon and Parmesan Cheese](#)
- Taste With The Eyes:** [Saffron Cauliflower à la Ottolenghi](#)
- Domesticate Me:** [Cauliflower Crust Pizza with Roasted Vegetables and Goat Cheese](#)
- The Sensitive Epicure:** [Cauliflower Flat Bread \(Gluten-Free\)](#)
- Weelicious:** [Cheddar Cauliflower](#)
- Cooking With Elise:** [Roasted Cauliflower with Cheese Fondue](#)
- FN Dish:** [Comforting Cauliflower Recipes](#)



Healthy Salad Recipes



## Simple Roasted Garlic Cauliflower and Potatoes

★★★★★  
5 from 1 reviews

Prep time	Cook time	Total time
15 mins	20 mins	35 mins

This dish is especially beautiful when made with a variety of cauliflower that are all different colors.

Serves: 8

### Ingredients

- 6 cups cauliflower florets
- 2 cups potatoes, thinly sliced (1/4" thick)
- 6 garlic cloves, sliced
- 4 tablespoons extra virgin olive oil
- 1 teaspoon rubbed sage
- salt and pepper to taste

Cook an Extraordinary Meal from Plated.com

[www.Plated.com/4-Free-Meals](http://www.Plated.com/4-Free-Meals)



Print

### Directions

1. Preheat oven to 425 degrees.
2. Toss all ingredients together. Place on parchment paper lined baking sheet in a single layer. Roast until just tender, about 20-25 minutes.



Filed Under: cruciferous vegetables, csa, dairy-free, farmer's market, gluten-free, healthy choices, side dishes, Thanksgiving, vegan, vegetables, vegetarian Tagged With: diversity of foods, golden cauliflower, green cauliflower, healthy Thanksgiving side dish, how to roast cauliflower, purple cauliflower, roasted cauliflower, Whole Foods

A Message from Zipcar

**Jeanette | Jeanette's Health...**  
Jeanette's Healthy Living (Recipes)

[See On Pinterest](#)

**amazon.com**

**Kindle, 6"**  
**Glare-Free**  
**Touchscreen**  
**Display, Wi-Fi ...**

★★★★★ (6285)  
**\$79.00**

Advertise with us

Report this ad

Find us on Google Plus  
Enjoy what you see? Like us on Facebook!





## More People Choose Zipcar

Let's keep things casual. Join Zipcar for \$6/month, no commitment, no annual fee. Wheels when you want them. Gas and insurance included.

### You might also enjoy...



Garlic Scape Paste Recipe



How To Make Tea Smoked Fish in a Wok



Easy Herb Spiced Roasted Chicken Recipe



One Pot Chicken and Chorizo Paella Recipe

Link within

amazon.com

Kindle 6" Glare-Free Touchscreen Display, Wi-Fi...

★★★★★ (6285)

\$79.00

Advertise with us

Report this ad

Next Post

Quinoa, Butternut Squash, Chickpea, Apple, Roasted Beet Salad Recipe

Previous Post

Magic Mineral Broth Recipe {Processed Foods versus Refined Foods}

### Comments



Kelly says:

November 7, 2013 at 6:52 am

We are big cauliflower fans and I love how pretty and simple this dish is to prepare 😊 Will definitely try it soon, thanks for sharing Jeanette!

Reply



Jeanette Chen

google.com/+JeanetteChen

Follow

1,009,444 followers

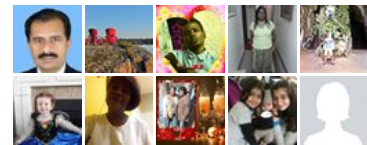
### Find us on Facebook



Jeanette's Healthy Living

Like

10,474 people like Jeanette's Healthy Living.



Facebook social plugin

Healthline

NAMED

A TOP FOOD ALLERGY BLOG

OF 2014

### MEAL IDEAS

from 25 TOP

family friendly food bloggers

Pinterest



Enjoy what you see? Like us on Facebook!





Jeanette says:

November 7, 2013 at 2:29 pm

Kelly – my kids love cauliflower which makes me very happy since it's so healthy. This is super easy and quick. Hope you enjoy it!

[Reply](#)



Shirley @ gfe & All Gluten-Free Desserts says:

November 7, 2013 at 7:16 am

What a fantastic looking dish, Jeanette! I'm sharing it on Facebook later because many will want to include this recipe in their Thanksgiving plans. I know I do! 😊 That second photo is so beautiful, but they all show how appealing this dish must be. 😊 Love that your BIL is such a gem in so many ways, too!

Thanks for sharing!

Shirley

[Reply](#)



Jeanette says:

November 7, 2013 at 2:31 pm

Thanks Shirley – and thanks for sharing this simple but elegant Thanksgiving dish. I just love the natural colors of cauliflower. Thanks to my BIL for introducing cauliflower into my sons' diets. Sometimes when other people cook for my kids, I find they're more receptive to trying new foods, especially vegetables 😊

[Reply](#)



Angie@Angie's Recipes says:

November 7, 2013 at 10:12 am

A perfect side dish and those cauliflowers are so colourful and beautiful!

[Reply](#)



EA-The Spicy RD says:

November 7, 2013 at 11:26 am

This is a gorgeous dish Jeanette & I love the story behind it! I haven't gotten my kids on the cauliflower bandwagon yet, but with the addition of potatoes, there might be hope 😊

[Reply](#)



Jeanette says:

November 7, 2013 at 2:32 pm

Thanks EA – my kids never liked cauliflower until my brother-in-law made it. I think including



Archives

Select Month



I'm a featured contributor at

All Gluten-Free Desserts  
All the Time



Professional Memberships



Enjoy what you see? Like us on Facebook!



potatoes in it made it a lot more palatable the first time they tried it. He made it with white cauliflower and potatoes so since they were the same color, I think it made it easier for them to accept.

[Reply](#)



**Heather @ French Press** says:

November 7, 2013 at 11:33 am

what a gorgeous side dish!

[Reply](#)



**Nami | Just One Cookbook** says:

November 7, 2013 at 11:59 am

This is simply gorgeous. I love cauliflowers and wish it's more popular ingredients (I still don't know why people don't like them. I love the texture and taste!). Having multiple colors would help kids (even adults) interested in eating them. 😊 I'm going to try sage with this – haven't done that before.

[Reply](#)



**Jeanette** says:

November 7, 2013 at 2:33 pm

Thanks Nami – aren't the different cauliflower varieties pretty. I love the fact that nature provides such beautiful vegetables. My kids were definitely intrigued by the different colors as was a friend of mine that I gave some to. Makes this more fun to eat!

[Reply](#)



**Jane Bonacci, The Heritage Cook** says:

November 7, 2013 at 2:02 pm

This is a fantastic dish that will brighten up everyone's holiday dinner table!!

[Reply](#)



**Jeanette** says:

November 7, 2013 at 2:34 pm

Thanks Jane – yes, this would be perfect on the holiday table – such an easy dish to make, but made extra special by using different colors of cauliflower.

[Reply](#)



**Ash-foodfashionparty** says:

November 7, 2013 at 4:03 pm

Your salads are the most colorful and beautiful looking dishes ever. This would be a super healthy and fancy side for the coming celebrations. Love it.

Enjoy what you see? Like us on Facebook!



[Reply](#)



**Tess @ Tips on Healthy Living says:**

November 7, 2013 at 5:22 pm

Wow, this recipe looks beautiful (as well as delicious!) I've never seen such colorful cauliflower, where do you recommend going to find it?

[Reply](#)



**Janette says:**

November 7, 2013 at 6:57 pm

Wow, isn't that a feast for the eyes. I truly believe in roasting vegetables to bring out their best flavor because I think cauliflower is up there with brussel sprouts as the 'feared vegetable'.

Janette

@culinaryginger

[Reply](#)



**Joanne says:**

November 8, 2013 at 8:15 am

I love how colorful this is!! It just makes me so happy.

[Reply](#)



**Lydia (The Perfect Pantry) says:**

November 10, 2013 at 6:47 am

I'm not a natural cauliflower lover, so anything that makes the vegetable more attractive — like color! — really helps me. This will be gorgeous on the holiday table.

[Reply](#)



**Terra says:**

November 10, 2013 at 9:58 pm

I love the vibrant colors in this dish. This dish is so beautiful, it would be perfect for a holiday dinner:-) Hugs, Terra

[Reply](#)



**Kelly @ Inspired Edibles says:**

November 10, 2013 at 11:40 pm

These are my favourite kind of sides — simple and nutritious. It always amazes me how roasting enhances the flavour of vegetables; what a pretty dish too!

[Reply](#)



**Sylvie @ Gourmande in the Kitchen says:**

November 13, 2013 at 4:36 am

So colorful! I love that photo of the vegetables on the roasting pan.

[Reply](#)

Enjoy what you see? Like us on Facebook!







Lokness @ The Missing Lokness says:

April 29, 2014 at 2:34 pm

Love this colorful veggie dish! I love roasting vegetables! It really brings out the sweetness. Pinned and bookmarked!

Reply



Jeanette says:

May 2, 2014 at 10:33 pm

Thanks – roasting is one of the easiest and delicious ways to prepare vegetables and definitely brings out the natural sweetness. Thanks for sharing this!

Reply

### Leave a Comment

Name \*

Email \*

Website

Rate this recipe: ★★★★★

Post Comment

- Notify me of follow-up comments by email.
- Notify me of new posts by email.

subscribe to *Jeanette's Healthy Living* newsletter:



[Advertise with us](#)

[Report this ad](#)

[Terms and Disclosure](#)

Enjoy what you see? Like us on Facebook!

