Turmeric Roasted Cauliflower

Serves 4-6

1 head of cauliflower

1 tablespoon turmeric

1 tablespoon kosher salt

Coconut oil

Fill a stockpot ½ way with water.

Add the turmeric and salt and bring to a boil.

Turn off the heat and submerge the entire head of cauliflower into the pot.

Leave the cauliflower in the mixture for 20-30 minutes.

Remove the cauliflower from the pot and cut off the flowers or cut int 1 inch thick steaks.

Roast the cauliflower tossed in coconut oil in a 400 degree oven or air fryer and cook till golden brown, approximately 10 minutes.