



INGREDIENTS

- ☐ 1 head cauliflower, broken into same size pieces
- ☐ 2 tbsps. olive oil
- ☐ 2 tbsp sea salt
- ☐ 1 tbsp madras curry
- ☐ 1 lemon, juiced and zested
- ☐ ¼ bunch parsley, picked
- ☐ ¼ bunch mint, picked



Franklin Becker
CELEBRITY CHEF

A type 2 diabetes diet doesn't have to be bland. You can still enjoy tasty, delicious food

ROASTED CAULIFLOWER WITH CURRY

METHOD:

1. Preheat oven to 500°F
2. In a mixing bowl, toss the cauliflower with the olive oil, sea salt, and madras curry
3. Spread onto a sheet tray and roast for 15 minutes. Don't worry if it begins to brown or the edges burn, this is desirable
4. Remove from the sheet pan and place the cauliflower back into the bowl
5. Add the juice and zest of 1 lemon along with the fresh herbs. Add additional salt, olive oil, and/or lemon if needed

Yield: 4 servings. **Per Serving:** 124 calories, 11.1g fat, 1.8g protein, 6.7g carbs.

Want more recipes? Download more delicious and nutritious type 2 diabetes–friendly recipes at Ozempic.com.

Estimated nutrition information is provided as a courtesy. Data gathered via Verywell Fit and/or other online calculators. We strive to make this information as accurate as possible; however, Novo Nordisk makes no warranties regarding its accuracy.

Franklin Becker is a celebrity chef living with type 2 diabetes, Ozempic® patient since 2020, and a paid spokesperson of Novo Nordisk.