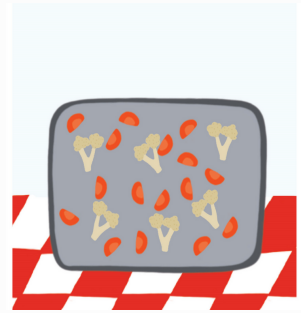




# COOK ALONG RECIPE:

## Roasted Cauliflower and Carrots



### SHOPPING LIST



- Baby Carrots - 20, steamed for 5 minutes



- Cauliflower - 2 cups



- Lemon Juice - 1 teaspoon



- Olive oil - 2 Tablespoons



- Garlic - 2 cloves, minces



- 1/2 teaspoon cumin & 1/2 teaspoon coriander



- Salt as needed

### PREP LIST

- Steam baby carrots
- Mince garlic
- Cut cauliflower
- Measure all ingredients'

### FINE MOTOR SKILLS



- Slicing



- Mixing



- Spraying

1

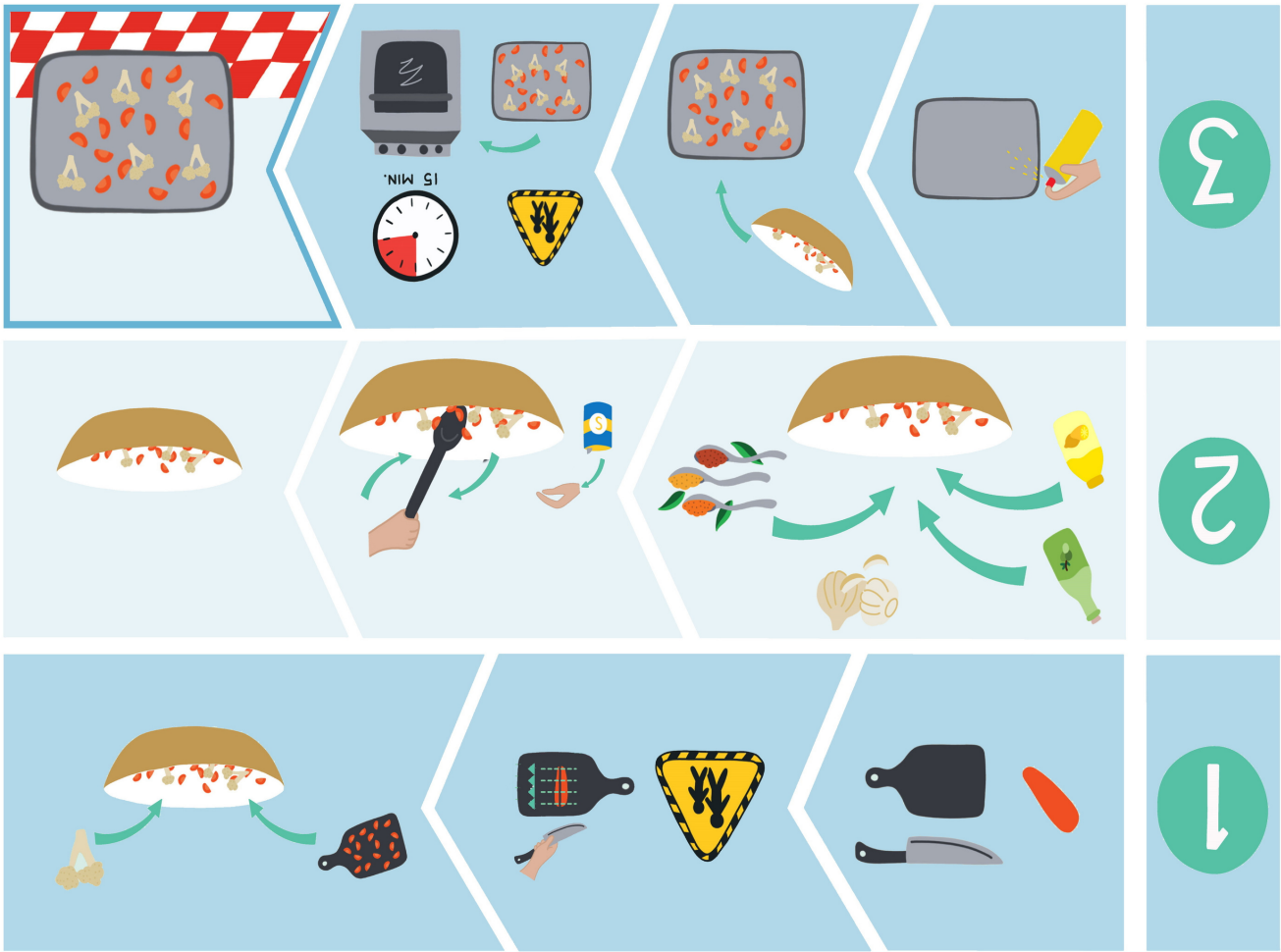
Preheat the oven to 400 degrees. Use a knife to slice the baby carrots in half length-wise, and then slice them into half-circles. Add into a mixing bowl along with the cauliflower.

2

Add in the lemon juice, oil, garlic and spices. Mix well with a pinch or two of salt.

3

Spray a baking sheet. Pour the vegetables onto the sheet so they lay flat. Bake in the oven for 15-20 minutes, until the cauliflower is soft.



3





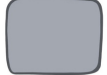
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Fold

# Roasted Cauliflower & Carrots

## Tools:

-  Cutting Board
-  Knife
-  Spoon
-  Bowl
-  Baking Sheet

