

Indian-Spiced Roasted Cauliflower Dip

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Total Time: 45 minutes Serves: 8 Points/serving: 1 Serving size: 1/4 cup

This easy appetizer offers incredible flavor in dip-able form. The tandoori spice blends is an easy, almost-effortless way to incorporate a variety of Indian spices to this tangy dip. Roasting the cauliflower adds tremendous depth and also removes some of the water, concentrating the flavor.

Be sure to spread the oil and spice-coated cauliflower in a single layer on the baking pan to ensure it cooks evenly and browns nicely.

When selecting cauliflower, look for firm heads with tightly compacted florets that are free from blemishes.

Try this dip served with crudité or baked pita chips at your next party or family gathering.

Ingredients

- 1 pound cauliflower florets
- 2 tsp olive oil
- 1½ tsp Tandoori spice mix
- 1 tsp table salt
- ⅔ cup plain low-fat Greek yogurt
- 2 tsp fresh lime juice
- 2 Tbsp water, or more if needed
- ½ tsp cumin seeds
- 1 pinch cayenne pepper
- 3 Tbsp cilantro, chopped (plus extra for garnish)

Instructions

Preheat oven to 400°F. Line a baking pan with parchment paper.

In a large mixing bowl, toss together cauliflower, oil, tandoori spice and salt; spoon onto prepared pan in a single layer. Roast, stirring halfway through, 30 minutes.

Combine roasted cauliflower with remaining ingredients in a food processor or blender; process until smooth, adding more water if needed to achieve desired thickness. Spoon into a serving bowl; garnish with cilantro.

Dala's note: locally purchase wonderful Indian spices & ingredients at *Priya's Spice Bazaar* 1100 Kane Street, La Crosse (in the business incubator)
Hours: M-F 5-8 pm, Saturday 10am – 5 pm