



HOW TO ROAST CARDONE



Serves: 4



Prep Time: 20 minutes
Cook Time: 30 minutes

INGREDIENTS

1 Ocean Mist Farms cardone, prepared and cut into 1 inch pieces
2 Tbsp. extra virgin olive oil
2 cloves garlic, minced
Salt & pepper, to taste
Juice of 1 lemon



PREHEAT

Oven to 425° F.



TOSS

Prepared cardone pieces, salt, pepper, garlic, and lemon together.



SPREAD

On a baking sheet.



ROAST

For 25-30 minutes, until the cardone are browned and tender on the inside.
Serve Hot.



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