



Balsamic-Parmesan Cauliflower Steaks

Basic Lifestyle

INGREDIENTS

2 medium heads cauliflower
¼ cup extra-virgin olive oil
1 TBS chopped fresh thyme
1 TSP chopped fresh rosemary
1 TSP dried oregano
1 TSP grated garlic
½ TSP ground pepper
¼ TSP salt
3 TBS balsamic vinegar
¾ cup finely grated Parmesan cheese

INSTRUCTIONS

—Preheat oven to 400°F. Line 2 large rimmed baking sheets with parchment paper.

—Remove and discard outer leaves of cauliflower heads; trim stems. Place the cauliflower heads, stem-side down, on a cutting board; slice lengthwise into ¾-inch-thick slices. Arrange the slices in an even layer on the prepared baking sheets. (Some florets will come off as you slice; reserve for another use)

—Stir oil, thyme, rosemary, oregano, garlic and pepper together in a small bowl. Brush the tops of the cauliflower slices evenly with the oil mixture. Sprinkle evenly with salt. Bake until the cauliflower starts to brown, about 15 minutes.

—Drizzle evenly with vinegar and sprinkle with Parmesan. Continue baking until the cauliflower is golden brown and tender, about 10 minutes. Serve immediately.

SERVING INFO: (Serves 6)

2 steaks = 2 V, ½ M, ½ FT

See photo of recipe at [Instagram](#) and [Facebook](#).