



CAULIFLOWER STEAK (Roasted or Grilled)

Basic Lifestyle

INGREDIENTS

2 heads cauliflower
2 TBS olive oil
1/2 TSP sea salt
1/2 TSP black pepper
1 TSP paprika
1/2 TSP garlic powder

INSTRUCTIONS

—Preheat the oven to 425 degrees. Line a baking sheet with parchment paper.

—Cut the cauliflower heads into slices, about 3/4 inch thick, and place onto the baking sheet. (You'll get 2-3 full slices from each head, but the ends will likely fall apart into florets, so you can just use those for another recipe, or roast them on the same sheet pan.)

—In a small bowl, mix together the olive oil, sea salt, ground black pepper, paprika, and garlic powder. Brush the olive oil mixture over the cauliflower steaks on both sides.

—**Oven method:** Bake cauliflower steaks in the oven for 10 minutes. Flip and bake for another 10-15 minutes, or until tender and browned.

—**Grill method:** Preheat the grill over medium heat. Place the cauliflower steaks on the grill, close the lid, and cook for 5 minutes. Flip, cover, and cook for 4-5 more minutes, until tender and browned.

SERVING INFO: (Serves 4)

1 steak = 2 V, 1/2 FT