



## Panko-Crusted Cauliflower Steaks

Makes 4 servings. Serving size 1 cauliflower steak.

Recipe from [eatingwell.com](http://eatingwell.com).

### Ingredients

2 medium heads cauliflower  
1/4 cup extra-virgin olive oil plus 2 tablespoons, divided  
1/4 cup grated Parmesan cheese, divided  
1 tablespoon salt-free Italian seasoning  
1 1/2 teaspoons grated lemon zest, plus lemon wedges for serving  
1/4 teaspoon salt  
1/3 cup whole-wheat panko breadcrumbs  
2 medium cloves garlic, grated  
Lemon wedges

### Nutritional info

Calories	284
Carbohydrate	16g
Fiber	5g
Protein	6g
Fat	23g
Cholesterol	5mg
Sodium	349g

### Directions

1. Preheat oven to 425°F.
2. Line a large baking sheet with foil. Remove and discard outer leaves of cauliflower heads; trim stems. Place the cauliflower heads, stem-side down, on a cutting board; cut 2 (3/4-inch) steaks from the center of each. Reserve the remaining cauliflower for another use. Arrange the steaks in a single layer on the prepared baking sheet.
3. Stir 1/4 cup oil, 2 tablespoons Parmesan, Italian seasoning, lemon zest and salt in a small bowl until combined. Brush the mixture on the top of each cauliflower steak (about 1 tablespoon each). Roast until the cauliflower is fork-tender, about 20 minutes.
4. Remove cauliflower from oven. Reduce oven temperature to 400°F. Sprinkle each steak evenly with the panko mixture; gently pressing to adhere.
5. Roast until the panko is golden brown, about 5 minutes. Drizzle the cauliflower steaks with the remaining 1 tablespoon oil. Serve with lemon wedges, if desired.

**NOTE:** Pair cauliflower steaks with roasted or grilled meats, or serve them on their own as a vegetarian main dish with a fresh parsley and radish salad. Each head of cauliflower will provide 2 to 3 steaks—the sides tend to crumble. Save leftover cauliflower for roasting another night or give it a whirl in a food processor so you have the fixings for cauliflower rice on hand.