



Visiting Nurse Association
of Northern New Jersey

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Sheet Pan Cauliflower Steaks

Makes 4 servings. Serving size 1 steak.

Recipe from cookinglight.com.

Ingredients

1 (2-lb.) head cauliflower
1/3 cup unsalted chicken stock
1 tablespoon chopped fresh sage
4 thyme sprigs
4 crushed garlic cloves
½ teaspoon ground fennel seeds
1 bay leaf
2 tablespoons olive oil, divided
½ teaspoon kosher salt
¼ teaspoon crushed red pepper

Nutritional info

Calories:	131
Total fat:	8g
Cholesterol:	0mg
Sodium:	315mg
Total Carbs:	13g
Protein:	5g
Dietary fiber:	5mg

Directions

1. Preheat oven to 425°F.
2. Cut 1 (2-lb.) head cauliflower into 4 (1 1/2-inch-thick) slices.
3. Place on a rimmed baking sheet.
4. Add unsalted chicken stock, chopped fresh sage, thyme sprigs, crushed garlic cloves, ground fennel seeds, and bay leaf.
5. Cover tightly with foil. Bake at 425°F 15 minutes.
6. Remove and discard foil. Brush cauliflower with 1 Tbsp. olive oil.
7. Bake until browned, about 10 minutes.
8. Carefully flip; brush with 1 Tbsp. olive oil. Bake until browned, about 10 minutes.
9. Place cauliflower on a platter; sprinkle with kosher salt and crushed red pepper.