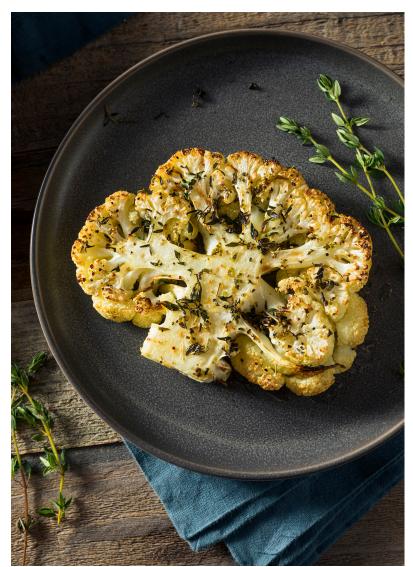


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Sheet Pan Cauliflower Steaks

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

1/2 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.