

Cauliflower Steaks With Gremolata



Ingredients

1 whole cauliflower, washed
4 tbsp olive oil
 $\frac{1}{2}$ tsp salt
 $\frac{1}{2}$ c finely chopped parsley
2 cloves garlic chopped fine
Zest of 1 lemon
 $\frac{1}{2}$ cup toasted, very fine
breadcrumbs

Directions

Slice the cauliflower into 1 inch "steaks"

Line a baking sheet with parchment or foil. Lay steaks out flat on baking sheet, brush with 1 tbsp of olive oil, sprinkle with salt and pepper. Turn over and do the same on the other side. Roast cauliflower 15-18 minutes or until fork tender.

To make gremolata -combine parsley, garlic, lemon zest and breadcrumbs. When cauliflower is cooked top with the mixture and serve.

Nutritional Information

Calories per serving 142
Total Fat 9g
 Saturated Fat 1.5g
Cholesterol 0
Sodium 270mg
Total Carbohydrates 12g
 Dietary Fiber 3.5g
Protein 3g

Servings 6