

Cauliflower Steaks

submitted by dotmurphy



Per serving: 120 Calories • 12.1g Carbs (4.7g Fiber) • 7.5g Fat • 4.4g Protein

Ingredients

Ingredients scaled to: 2 serving

1/2 head large (6-7" dia.) **Cauliflower** (420 grams)

1 tbsp **Olive oil** (13.5 grams)

1 tsp **Salt** (6 grams)

1 tsp **Paprika** (2.1 grams)

1 tsp **Garlic powder** (3.1 grams)

Directions

Directions are based on the original recipe of 2 servings

1. Preheat oven to 400 degrees F. Preheat grill.
2. Set your cauliflower stem side down. Slice down the center. Then slice $\frac{3}{4}$ " thick slabs - one from each half. (If it's a really big cauliflower, you may be able to get more before they fall apart into florets.) Place steaks on to a baking sheets. Lightly brush both sides with oil.
3. Sprinkle both sides liberally with salt, paprika, and garlic powder.
4. Bake in the oven for 15 minutes. Transfer to a hot grill. Cook for 5-10 minutes, until fork tender. Enjoy!