

## Cauliflower Steaks with Garlic and Dill

submitted by jrpaubert



Per serving: 98 Calories • 7.7g Carbs (3.5g Fiber) • 7.1g Fat • 3.4g Protein

### Ingredients

*Ingredients scaled to: 4 serving*

1 head, medium (5-6" dia) **Cauliflower** (431 grams)

2 tbsp **Olive oil** (27 grams)

1/2 lemon yields **Lemon juice** (23.5 grams)

1 tbsp **Dill** (0.55 grams)

3 cloves, minced **Garlic** (9 grams)

1 dash **Salt** (0.40 grams)

1 dash **Pepper** (0.10 grams)

### Directions

*Directions are based on the original recipe of 4 servings*

1. Preheat oven to 400F.
2. Slice cauliflower into 1 inch "steaks" by cutting straight down through the middle of the crown, so you've got two identical halves. Then, make cuts into each of those halves, parallel to the original cuts and offset by about an inch. Repeat as needed.
3. Heat half of oil in a large skillet over medium-high heat. Arrange cauliflower steaks in skillet and cook about 2 minutes on each side.
4. Transfer cauliflower to a baking sheet. Stir remaining olive oil, lemon juice, dill and garlic together in a small bowl, then brush or spoon evenly over cauliflower. Sprinkle with salt and pepper to taste. Roast to desired tenderness, about 10 to 15 minutes. Serve.