



## Cauliflower Steak

*Cauliflower is a sturdy vegetable perfect for searing and making into "steaks." Gluten free, low in calories and carbohydrates, it is a popular food for people with diabetes or celiac disease as it is often turned into "rice" or into pizza crusts. It provides a significant source of many nutrients like fiber, Vitamin C, and other antioxidants.*

Yield: 4 servings; 1 cauliflower steak per serving

### Ingredients:

- 3 Tbsp vegetable oil (canola, soybean or peanut work best)
- ¼ tsp freshly cracked black pepper
- 1 tsp smoked paprika
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp salt
- 1 large head of cauliflower (choose a large one with a thick stem)

### Directions:

1. Preheat your oven to 450°F and place a large cast iron skillet inside.
2. In a small bowl, whisk together vegetable oil, black pepper, smoked paprika, garlic powder, onion powder, and salt. Set aside.
3. Cut cauliflower into 1½ inch "steaks", leaving the stem intact as much as possible to hold the big slices together. If needed, shave some off the rounded sides of the cauliflower, so the pieces lay flat in the skillet (for more even cooking).
4. Carefully remove the hot skillet from the stove. Brush the cauliflower with the smoky seasoning mixture on one side and place that side face down in your hot skillet.
5. Baste the other side with remaining oil mixture.
6. Put the skillet back in the oven and bake for 10 minutes.
7. Then, flip the steaks and bake for another 15 minutes. Serve and enjoy!

### Recipe notes:

- If any florets fall off your slices, it's okay. Carefully nestle them into the skillet and roast them alongside the steaks.
- Try drizzling BBQ sauce or steak sauce over top of your roasted cauliflower steaks before serving.

### Nutrition Info per serving:

Calories: 147 Saturated Fat: 1.9g, Sodium: 355mg, Added Sugars: 0g, Fiber: 4.5g, Protein: 4.2g

Source: <https://www.budgetbytes.com/cauliflower-steak/>