



Recipes

Vegetables

Roasted Cauliflower in Lemon-Tahini Sauce

Prep and Cook Time: 20 minutes

Yield: 4 servings

Ingredients:

- 1 large head cauliflower, cut into 1 inch florets (about 1½ lb.)
- 4 teaspoons olive oil, divided
- 2 cloves garlic, minced (about 2 teaspoons)
- 2 tablespoons tahini
- 1/4 teaspoon sea salt
- 1 tablespoon chopped parsley
- 1 teaspoon toasted sesame seeds

Directions:

1. Place over rack in top position. Preheat oven to 425°F.
2. Toss cauliflower with 2 teaspoons olive oil, and season with sea salt. Spread on large cookie sheet, and bake 12-15 minutes, or until cauliflower is fork-tender and slightly browned.
3. Meanwhile, heat remaining 2 teaspoons olive oil in small saucepan over medium heat. Sauté garlic in oil 1-2 minutes, or until fragrant.
4. Stir in tahini, lemon juice, 5 tablespoons water and sea salt. Simmer over low heat for 1-2 minutes. Remove from heat.
5. Divide cauliflower among plates. Whisk sauce, then spoon over cauliflower. Sprinkle with parsley and sesame seeds, and serve.