

ROASTED CAULIFLOWER WITH WHITE BEANS

Makes 4 Servings

INGREDIENTS:

- One medium-size cauliflower, cut into three to four, 1-inch-thick whole slices (about 6 ounces per slice), plus remaining florets
- 4 teaspoons extra virgin olive oil, divided
- 1½ teaspoons chopped fresh thyme, divided
- 1 clove garlic, minced
- One 15-ounce can cannellini beans, drained and rinsed
- ¾ cup marinara sauce
- Grated Parmesan cheese, optional

DIRECTIONS:

1. Line a large baking sheet with parchment paper or aluminum foil.
2. Preheat oven to 425°F. Place the cauliflower on the baking sheet, and brush the “steaks” and florets with 2 teaspoons of the oil. Sprinkle with a pinch of kosher salt and black pepper. Roast until lightly caramelized and the cauliflower is almost cooked through, about 18 minutes. Gently flip over each “steak” and floret and brush with 1 more teaspoon oil. Sprinkle with 1 teaspoon thyme, a pinch of salt and pepper, and roast until well caramelized and the cauliflower stems are cooked through, 10 to 12 minutes.
3. Meanwhile, heat the remaining 1 teaspoon oil in a medium-size skillet over medium low heat. Add the garlic, and cook 30 to 60 seconds, stirring frequently, until golden and fragrant. Mix in the beans, marinara sauce, and the remaining ½ teaspoon thyme, and cook, stirring frequently, until heated through and bubbly, about 5 minutes.
4. Top the cauliflower with the beans and serve. Sprinkle with Parmesan cheese as desired.

Nutrition Information per Serving:

190 calories, 5g fat (1g saturated), 330mg sodium, 28g carbohydrate, 12g fiber, 10g protein, 120% vitamin C, 10% calcium, 15% iron

My cauliflower steaks are loaded with vitamin C and fiber and make a great addition to any meal.

Recipe Created by Liz Weiss, MS, RD, co-author, No Whine with Dinner: 150 Healthy, Kid-Tested Recipes from The Meal Makeover Moms (<http://mealmakeovermoms.com>)

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