

# roasted cauliflower with scarborough seasoning

holiday favorites



**DIFFICULTY:** easy

**SPECIAL DIETS:**

vegan and gluten-free

**YIELD:** 6 servings

**PREPARATION TIME:**

10 min

**TOTAL COOKING TIME:**

1 hour

With the classic Scarborough seasonings of parsley, sage, rosemary, and thyme, these hearty, caramelized cauliflower "steaks" satisfy the appetites of vegans and meat-lovers alike.

## INGREDIENTS:

- 2 cauliflower heads, cleaned of leaves, leave stem intact
- 1 tsp each of parsley, sage, rosemary, and thyme for the Scarborough seasoning blend
- 3 tbsp olive oil
- 1 tsp salt

## PREPARATION:

- **PREHEAT** oven to 375°F
- **GRIND** together parsley, sage, rosemary and thyme to make the Scarborough seasoning
- **SLICE** cauliflower into 1" thick "steaks"
- **GREASE** a baking sheet and arrange steaks flat side down. (Note: the florets from the ends of each head can be sliced lengthwise and added to the baking sheet)
- **DRIZZLE** the olive oil over the cauliflower
- **DUST** cauliflower with ground spices and **SPRINKLE** with 1/2 tsp of salt
- **BAKE** for 30 minutes
- **TURN** over, **DUST** backside cauliflower with ground spices and **SPRINKLE** with remaining 1/2 tsp of salt
- **BAKE** an additional 20 minutes or until golden and caramelized
- **SERVE** as a main for your vegan guests, or a side dish for the carnivores :)

## NUTRITIONAL INFORMATION:

serving size = 1 steak (204g)

calories 109 | fat 7.3g | protein 3.8g | carbs 9.7 | sugars 3.7g | fiber 3.9g | cholesterol 0mg