



## Cauliflower Steaks

### Ingredients:

- 1 head cauliflower
- 1 tsp kosher salt
- ½ tsp black pepper
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp smoked paprika
- 1 tsp dried oregano
- 4 tsp olive oil

### Directions:

1. Adjust the oven rack to the lower third position and one in the middle and preheat to 500° F.
2. Remove the outer green leaves from the head of cauliflower and discard. Trim the stem.
3. Cut the cauliflower in half lengthwise through the center and cut 1 ½-inch thick steaks from each half.
4. Place cauliflower steaks on a lightly oiled rimmed baking sheet.
5. In a small bowl mix together salt, pepper, garlic powder, onion powder, oregano, and paprika.
6. Drizzle olive oil on both sides of each cauliflower steak and evenly sprinkle with the seasoning mixture on both sides.
7. Tightly cover the baking sheet with foil and bake for 5 minutes.
8. Remove the foil from the cauliflower and roast for another 10 minutes.
9. Carefully flip the cauliflower steak and roast until a golden-brown on both sides, about 8 more minutes.
10. Transfer to a serving platter and garnish with parsley, lemon wedges and dipping sauce.

Servings: makes 2 servings.

Each serving = 2 cups veggies, 2 tsp healthy fat.

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