

Grilled Cauliflower Steaks

Ingredients

- 2 head, medium (5-6") cauliflower
- $\frac{1}{4}$ cup extra virgin olive oil
- $\frac{3}{4}$ tsp salt
- $\frac{3}{4}$ tsp fresh cracked pepper

Directions

1. Preheat grill to medium (375°F)
2. Trim each cauliflower, removing any leaves and cutting the stem flush with the base. Set a cauliflower, cut side down, on a cutting board. With a chef knife, cut 2 steaks, each $\frac{3}{4}$ inches thick, from the center of the cauliflower. This will allow the core to stay intact and hold the steak together.
3. Brush the one side of each steak with olive oil. Season with salt and pepper. Flip the steak over, brush with olive oil and season with salt and pepper.
4. Place on top rack of grill and close grill lid. Turn after 7 minutes, grill for another 7 minutes. Steaks should be tender if pricked. Move down over fire, and cook for 1 more minute.
5. Remove from heat, serve hot or warm.

Handling & Storage

When storing cauliflower, refrigerate in a plastic bag for up to 5 days. Do not wash cauliflower until ready to use.

To prepare, rinse cauliflower under cold running water. Remove and discard the outer leaves. Cut stem flush with the base.

Nutritional Information

Calories: 181

Total Fat: 12.9 g

Saturated Fat: 1.8 g

Trans Fat: 0.0 g

Cholesterol: 0 mg

Sodium: 524 mg

Total Carbohydrates: 15.5 g

Dietary Fiber: 7.3 g

Sugars: 6.9 g

Protein: 5.7 g

Serves 4