

Roasted Cauliflower with Lemon and Tahini

Ingredients:

- 1 head cauliflower, cored and divided into small florets
- 1 tablespoon Greek extra virgin olive oil
- 2 teaspoon cumin, ground
- 1 teaspoon harissa spice or chili powder
- 1—2 tablespoon lemon juice (or juice of 1/2 to 1 lemon to your liking)
- Handful fresh parsley for garnish (optional)
- 1/4 cup pine nuts, toasted or slivered almonds, toasted (optional)

Tahini sauce:

- 1—2 garlic cloves, crushed
- 1/2 teaspoon salt
- 1/2 cup tahini paste
- 1/2 cup lime juice
- 1/4 cup cold water, more if needed
- Salt and pepper, to taste
- 1 cup parsley leaves, chopped and stems removed (optional)

Directions

1. For the tahini dressing: Add crushed garlic, tahini paste, and lime juice to a food processor; blend until smooth. It will be thick as it emulsifies. Add water and blend until desired consistency.
2. Preheat oven to 475°F.
3. Place cauliflower florets on a large baking sheet. Drizzle extra virgin olive oil and toss until florets are coated.
4. Combine cumin and harissa or chili powder in a small dish.
5. Season cauliflower with the spice mixture and pinch of salt, and black pepper. Toss to combine.
6. Spread cauliflower florets on the baking sheet in one layer.
7. Cover the baking sheet with foil and place on middle rack of heated oven.
8. Roast covered for 15 minutes; carefully remove foil and return baking sheet to the oven. Roast for another 30 minutes, occasionally rotating the baking sheet and turning cauliflower florets over using tongs. Cauliflower should be so tender and caramelized or even charred on some parts.
9. Transfer roasted cauliflower to a serving dish. Drizzle with lemon juice and tahini.
10. Garnish with toasted nuts, parsley, and serve.
11. Serve extra tahini sauce in a bowl on the side for dipping.

Tahini dressing should have a runny, salad dressing-like consistency. If preferred tahini as a dip, use less water.

Nutrition Facts

Serving Size (80g)
Servings Per Container 6

Amount Per Serving

Calories 50 **Calories from Fat 35**

% Daily Value*

Total Fat 4g **6%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 75mg **3%**

Total Carbohydrate 5g **2%**

Dietary Fiber 2g **8%**

Sugars 2g

Protein 2g

Vitamin A 2% • Vitamin C 60%

Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

