

Cauliflower Piccata



This is an easy, delicious way to add a healthy portion of vegetables to your plate, whether it is the main course or a side.

INGREDIENTS

- 2 medium heads cauliflower
- 2 tablespoons avocado oil or other high heat oil, divided
- kosher salt and freshly ground black pepper to taste
- 1/2 cup white wine or vegetable broth
- 2 tablespoons fresh lemon juice
- 1/4 cup capers drained and rinsed
- 4 tablespoons butter
- fresh flat-leaf parsley for garnish, optional
- 1 small lemon thinly sliced for garnish, optional

DIRECTIONS

STEP 1

Preheat oven to 450°F. Place head of cauliflower on a large cutting board, stem side down. Carefully slice off 3/4-inch thick 'steaks' from the head, taking care to include the core. Repeat with second head of cauliflower. Any ends leftover can be roasted along with the steaks or reserve for another use.

STEP 2

Arrange cauliflower steaks and florets (cut side up) on a rimmed baking sheet in a single layer. Drizzle with 1 tablespoon of the oil. Flip and drizzle with second tablespoon of oil and season with salt and pepper. Roast in preheated oven, undisturbed for 25 minutes.

STEP 4

After 25 minutes, carefully flip the cauliflower steaks with a thin spatula and stir florets. Return to oven for 8 to 10 minutes more, until very tender and lightly charred.

STEP 5

Make sauce: add wine or broth, lemon juice, and capers to a skillet and bring to boil over medium-high heat. Boil until reduced slightly. Add butter and stir to melt; continue boiling until slightly thickened.

STEP 6

Transfer roasted cauliflower steaks and florets to serving platter and spoon sauce over evenly. Garnish with parsley and lemon slices if desired and serve.

NUTRITION FACTS

Serving Size: Full slice | Total servings 4

Per Serving: 271 cal, carbohydrates 19g, protein 6g, fat 19g, saturated fat 8g polyunsaturated fat 2g monounsaturated fat 8g, trans fat 0.5g, cholesterol 30mg, sodium 481mg, fiber 7g, sugar 7g



Wisconsin Athletic Club

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