

Lifestyle Coaching and Food Institute



Roasted Cauliflower with Tahini Sauce

Yield: 10 servings Cost Per Serving: N/A Cook Time: 30 minutes

Ingredients:

- 1 large head cauliflower (2 ½ lbs) chopped
- 1 ½ Tbsp olive oil
- 1/4 tsp salt
- 1/4 tsp pepper
- 1/4 cup parsley (minced, optional)

Sauce:

- 2 Tbsp tahini
- 1 Tbsp lemon juice
- 1 Tbsp water
- 1 garlic clove (minced)
- 1/4 tsp salt
- ¼ tsp pepper

Directions:

- 1. Preheat oven to 400° F.
- 2. Line baking sheet with parchment paper.
- 3. Add cauliflower to a large bowl and toss with olive oil, salt and pepper.
- 4. Place cauliflower on baking sheet and roast for 20-25 minutes until browned.
- 5. While cauliflower is roasting toss sauce ingredients together in the small bowl.
- 6. Add cooked cauliflower to serving bowl and drizzle with the tahini sauce, top with parsley and serve immediately.