

GRILLED CAULIFLOWER, TURMERIC, ORANGE FIT

Serving size: 1 each

Makes 4 servings

- 1 Large Cauliflower
- 1 TBSP Canola Oil
- 1 tsp Ginger Root, fresh, grated
- ½ tsp Turmeric, ground
- 2 TBSP Garlic Cloves, minced
- 1 TBSP Orange Zest
- 2 TBSP Orange Juice
- ¼ tsp Sea Salt
- ¼ tsp Black Pepper
- 1 TBSP Extra Virgin Olive Oil
- 1 TBSP Cilantro, fresh, chopped

Preparation:

1. Remove leaves from head of cauliflower by trimming base of the stem and pulling back leaves.
2. Cut bulb from top down into 1-inch slices, being careful not to detach flowers from core. Outer pieces are likely to fall off. Either cut them flat to turn them into small steaks or save for another use (soup, stir fry, mash, etc.).
3. Cut slices in half. Coat cauliflower in oil. Place cauliflower steaks on pre-heated grill, sear each side for three minutes or until lightly browned.
4. Transfer seared cauliflower to prepared-lined sheet tray.
5. In small bowl, whisk together ginger, turmeric, garlic, orange juice and zest, salt, pepper and olive oil.
6. Brush marinade on both sides of cauliflower steaks and return to grill, heating until soft throughout.
7. Remove from heat and garnish with cilantro.



Registered Dietitian Approved!

NUTRITION FACTS PER SERVING

calories	80
total fat (g)	7
saturated fat (g)	1
trans fat (g)	0
sodium (mg)	160
total carbohydrate (g)	5
dietary fiber (g)	1
sugar (g)	1
protein (g)	1