LIFECARE ALLIANCE: DIETITIAN DEMO SERIES

Roasted Tahini Cauliflower



PREP:	COOK:	SERVINGS:
15 MIN	30 MIN	2-4

Golden roasted cauliflower tossed in a creamy lemon-tahini sauce, served over fluffy quinoa. Quinoa provides plant-based protein and fiber, cauliflower adds vitamins and antioxidants, and tahini supplies healthy fats and minerals like calcium and iron.

Ingredients:

- 1 large cauliflower head *cut into florets*
- 4 TBSP olive oil
- 1 ¼ cups quinoa or other grain
- 4 garlic cloves *minced*
- ¼ tsp cumin
- ¼ tsp coriander
- ⅓ cup tahini
- 3 TBSP lemon juice
- 3 cups + 2 TBSP vegetable stock or water
- ⅓ cup water
- Pinch of red pepper flakes *optional*
- Salt & Pepper
- Fresh Parsley or cilantro *chopped*
- Feta *crumbled*
- Raisins, almonds, and/or sesame seeds *optional*

Directions:

1. Preheat oven to 425 degrees. Toss cauliflower in 3 TBSP olive oil. Add salt and pepper. Arrange in a single layer on a large, rimmed baking sheet. Roast for 30-35 minutes, tossing halfway, until edges are deep golden.
2. Warm 1 TBSP olive oil in a heavy-bottomed saucepan. *Optional* Add almonds and cook, stirring occasionally, until fragrant and edges are turning gold, 3 minutes. Add quinoa and sauté for 2 minutes, then add 2 cloves garlic, cumin, coriander and salt, and sauté for 1 more minute. Add vegetable broth and bring to a boil. Reduce heat to medium-low, cover and cook, stirring occasionally, until quinoa or rice is tender, 15 to 20 minutes. Drain excess liquid, cover and set aside for 5 minutes. Fluff with a fork and season with salt and pepper to taste.
3. In a bowl, stir together tahini, lemon juice, 2 cloves garlic and *optional* red pepper flakes. Whisk in water until mixture is smooth and blended. Season generously with salt (¼ tsp) and black pepper, to taste.
4. Combine quinoa or rice and roasted cauliflower. Drizzle sauce generously over the dish and then top with fresh herbs, feta, raisins and sesame seeds. Serve immediately.
5. Leftovers are best stored as individual components and assembled after reheating the quinoa or rice and cauliflower.

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