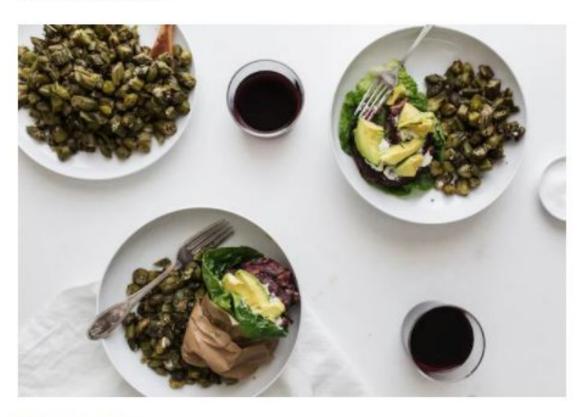
## MARINATED GRILLED CAULIFLOWER "STEAKS" (SERVES 4)

Prep time: 15 minutes Cook time: 10–15 minutes

## What you'll need -

- ½ cup extra-virgin olive oil, plus additional for serving
- 2 teaspoons minced onion
- ½ teaspoon garlic powder
- 2 teaspoons Italian seasoning
- ¼ teaspoon cayenne pepper
- · Sea salt, preferably lodized
- Cracked black pepper
- Juice of 1 lemon
- 2 heads cauliflower



## What to do -

- Place the 1/2 cup olive oil, the onion, garlic powder, Italian seasoning, and cayenne pepper in a medium bowl. Add salt and black pepper to taste and the lemon juice. Whisk to combine. Transfer to a shallow pan.
- Using a large chef's knife, cut off the cauliflower stems flush with the head. Place the stem ends down on a cutting board. Slice each cauliflower in half. Then cut into slices ½ to 1 inch thick (steaks).
- Turn on the exhaust fan if cooking indoors. Heat the grill to medium, or place a grill pan over medium-high heat on the stove top. Using tongs, dip the cauliflower steaks in the marinade.
- 4. Place on the grill or grill pan and cook 5 to 8 minutes per side, until browned on the outside and tender inside. Transfer to a serving platter. Adjust the seasonings and <u>serve with as much olive oil as</u> you like.