

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 iodized
- Cracked black pepper
- Juice of 1 lemon
- 2 heads cauliflower



What to do –

1. Place the ½ 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.
2. 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).
3. 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 [serve with as much olive oil as you like.](#)