

CAULIFLOWER “OSSO BUCO”

Cauliflower “Osso Bucco” by Barbara Spalding

Cauliflower steaks are a great culinary alternative to various animal-based proteins. If you follow a plant-based diet, think about using them in place of beef, veal or other animal proteins. Foods that are rich in vitamin C, like cauliflower, can help with iron absorption. As a cruciferous vegetable that contains phytochemicals, cauliflower may also have cancer-fighting properties.

Makes 3 Servings

Per serving: 210 calories, 6 g total fat (1 g saturated fat), 37 g carbohydrate, 9 g protein, 200 mg sodium.

Prep Time: 15 minutes

Cook Time: 15 minutes

INGREDIENTS

1 lb. fresh cauliflower head
1/4 cup white whole-wheat flour
1 Tbsp. olive oil
2 cloves garlic, minced
2 carrots, chopped
2 tsp. lemon zest
1 cup no salt added tomato paste
1 1/2 cups low sodium vegetable broth (may need more)
Salt and black pepper, to taste

DIRECTIONS

1. Preheat oven to 350 degrees F.
2. Wash and slice cauliflower into “steaks.”
3. Dredge cauliflower in flour (you may need to dip it in water briefly first to get the flour to stick).
4. Place olive oil in large skillet and briefly brown the cauliflower steaks on medium high heat until a rich golden color. Turn at least once during cooking to prevent burning and ensure steaks have a slight golden crust on both sides.
5. Push cauliflower to the side of the pan (or remove it to a plate if pan is too crowded) and add the garlic, carrots and lemon zest. Sauté for 3-5 minutes, stirring occasionally.
6. Add the tomato paste and broth and stir until blended.
(If you removed the cauliflower from the pan in step 3, add it back to the pan at this time.)

