

Lemon Parmesan Cauliflower Steaks with Potatoes

Recipe by: Chef Jonathan Poyourow, RD, LD

Yield: serves 4

Ingredients:

For the cauliflower:

1 head of cauliflower
¼ cup olive oil
2 tablespoons lemon juice
½ teaspoon dried basil
½ teaspoon dried oregano
½ teaspoon kosher salt
2 teaspoon freshly ground pepper
½ cup grated parmesan cheese

For the potatoes:

3 pounds Yukon Gold potatoes, peeled
4 tablespoons butter, melted
1 teaspoon dried thyme (or 1 tablespoon fresh)
¾ teaspoon salt
¼ teaspoon pepper
1 ½ cups low-sodium chicken broth
2 garlic cloves, finely minced

Method of Preparation:

For the cauliflower:

1. Remove outer green leaves from cauliflower. Slice into ¾-inch thick slice “steaks,” cutting from top of head to bottom of stalk. Arrange steaks on a baking sheet or large plate.
2. Whisk together oil, lemon juice, basil and oregano in a small bowl until smooth; season with salt and pepper. Brush mixture liberally on both sides of cauliflower to coat, reserving extra marinade.
3. Arrange cauliflower on preheated grill. Cover and cook until browned on one side; turn over and cook until other side is browned, about 10 minutes in total. When flipping cauliflower, brush with reserved marinade. Sprinkle tops of cauliflower liberally with half of the cheese; cover and cook until melted. Turn cauliflower over; repeat with remaining cheese.

For the potatoes:

4. Square the ends off the potatoes by cutting off the rounded edges (you don't have to chop off a lot, but you want the ends flat) and then cutting the potatoes into about 1-inch thick slices.
5. In a large bowl, toss the potatoes with the butter, thyme, salt and pepper. Place the potatoes in a single layer in a 9 x 13-inch ceramic or metal baking dish. Roast the potatoes for 20 to 22 minutes, until the bottoms are browning around the edges. Remove the baking pan from the oven and flip the potatoes with a flat spatula. Return to the oven and roast for another 15 minutes.
6. Remove the pan from the oven, flip the potatoes again and add the chicken broth and garlic. Roast once more (last time, promise) until the potatoes are tender and the sauce has reduced just slightly, about 15 minutes.
7. Serve the potatoes with the sauce drizzled over the top.



Nutritional Analysis:

Calories: 788
Carbohydrates: 83g
Sodium: 1,637mg
Protein: 16 g
Fat: 44g
Fiber: 12g