

# Recipe

## Dinner: Cauliflower “steak” (Swap for a beef steak)

Makes 1 serving | Prep: 5 minutes | Cook: 20 minutes



### Ingredients

- 1 1½-inch-thick slice of cauliflower, cut lengthwise from the core of a whole cauliflower
- 1 Tbsp olive oil
- 2 cups fresh spinach
- 2 Tbsp sliced almonds
- ½ cup quinoa, cooked

### Preparation

Preheat oven to 425°F. Place cauliflower on a baking sheet and brush with ½ of the olive oil. Roast for 15 minutes, then flip sides. Brush with the olive oil and roast another 5 minutes or until tender. While cauliflower is roasting, add remaining olive oil to sauté pan and place over medium heat. Add spinach and sauté 3-4 minutes. Remove cauliflower from oven and place on serving plate. Top with sautéed spinach and almonds. Enjoy with ½ cup of cooked quinoa.

**Veggie boost:** Add a side of cucumbers and carrots.

**Energy boost:** Add a side of ¼ cup of hummus.

### Nutrition information per serving



Calories:416 | Total fat: 24 g | Saturated fat: 2 g | Sodium: 78 mg | Cholesterol: 0 mg  
Total carbs: 42 g | Fiber: 9 g | Sugars:6 g | Protein: 13 g | Potassium:748 mg

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HEALTH