



GRILLED CAULIFLOWER STEAKS WITH ALMOND PESTO AND BUTTER BEANS

Time: 35 minutes

Serves: 4

INGREDIENTS

½ cup almonds

5 tablespoons chopped flat-leaf parsley, divided, plus more for garnish

½ cup packed fresh basil, plus more for garnish

3 tablespoons chopped fresh chives, plus more for garnish

Zest and juice of 1 lemon

6 tablespoons extra-virgin olive oil, divided

1 teaspoon salt, divided

2 large heads cauliflower

2 teaspoons smoked paprika

1 teaspoon garlic powder

1 tablespoon butter

2 medium shallots, minced

1 clove garlic, minced

2 (15 oz) cans no-salt-added butter beans, rinse and drained

½ cup water

¼ teaspoon ground pepper

2 teaspoons sherry vinegar

Optional

2 steaks grass-fed beef

DIRECTIONS

Step 1: Heat grill to medium.

Step 2: Combine almonds, 4 tablespoons parsley, basil, chives, lemon zest and juice, 4 tablespoons olive oil, and ¼ teaspoon salt in a food processor and pulse until chopped.

Step 3: Place cauliflower heads on a cutting board, stem-side down, and cut two ½ -inch-thick slices from the center of each head to make 4 cauliflower steaks. Consider saving the remaining cauliflower for another use to reduce food waste. Brush the steaks with 2 tablespoons olive oil. Combine paprika, garlic powder and ½ teaspoon salt in a small bowl, and then sprinkle the mixture on both sides of the 4 steaks.

Step 4: Grill the cauliflower steaks for 12 to 14 minutes total, flipping once, under tender.

Step 5: While the cauliflower steaks are cooking, heat the butter in a medium saucepan over medium heat. Add shallots and garlic and cook until the shallots become slightly translucent, about 1 minute. Add beans, water, pepper and the remaining ¼ teaspoon salt. Cook for about 5 minutes, or until hot, stirring occasionally. Remove from heat and stir in vinegar and the last tablespoon parsley.

Step 6: Serve the cauliflower steaks with the beans, topped with the pesto. Add a splash more of olive oil and extra herbs if desired.

Nutritionist Notes by Laura

Want a little extra? Add grass-fed beef to this meal for added protein and flavor. Grass-fed beef is raised by consuming only grass and what is on the pasture—no corn, soy, or grain by-products. The cows are happier and healthier, and that translates into the meat we consume. Compared to conventionally raised beef, grass-fed beef is higher in omega 3 fatty acids, B vitamins, vitamin E, vitamin A, and antioxidants. Raising grass fed beef is also better for the environment! Check with ranchers at your local farmers market or a local health food store to find out if grass-fed meat is available.