

Roasted Cauliflower with Tahini & Braised Chard

Serves 2-4

A whole, roasted cauliflower is both delicious and beautiful to serve to veggie loving guests! The easy marinade creates a nice golden crust while pairing well with a zingy tahini dipping sauce. We like to serve the roasted cauliflower with a hearty side of braised chard. We opted to use virgin coconut oil for these dishes for the delicious coconut-y flavor it lends to both the cauliflower and greens.

Ingredients:

1 teaspoon garam masala

1 teaspoon whole cumin seeds

1 lemon, juiced

3/4 cup Greek yogurt

Freshly ground black pepper

Kosher salt

1 head cauliflower

2 tablespoons virgin coconut oil

Tahini Sauce:

1/2 cup tahini
1 lemon, juiced
1 clove garlic, minced
2 tablespoons olive oil

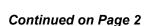
Water to thin

Garnish:

2 tablespoons parsley, minced

Directions:

- 1. Preheat the oven to 400°F.
- 2. Mix the marinade by whisking the Greek yogurt, garam masala, cumin seeds, and lemon juice together.
- 3. Trim away the leaves and cut the bottom of the cauliflower, so that it can sit flat in a pot.
- 4. Pour the coconut oil over the head of cauliflower, then smear the head with the Greek yogurt marinade.
- 5. Place the marinated cauliflower head in a Dutch oven, and bake for 45-60 minutes, or until the exterior has browned, and the interior of the cauliflower can easily be pierced with the tip of a sharp knife. If the cauliflower seems to be cooked, but is not browning, use the broiler to brown the crust.







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- 6. While the cauliflower is roasting, make the tahini sauce by whisking all ingredients together in a small bowl. Add enough cold water and stir until the desired consistency is attained.
- 7. To serve, cut the roasted cauliflower into wedges. Serve while hot with a side of tahini dipping sauce. Make it a meal with the braised chard recipe below.

Braised Chard Ingredients:

1 bunch chard 4 cloves garlic, sliced 2 tablespoons virgin coconut oil 1/4 cup vegetable broth

Braised Chard Directions:

- 1. Separate the stems from the leaves of the chard. Dice the chard stems, and chop the leaves into bite-sized pieces.
- 2. Thinly slice 4 cloves of garlic.
- 3. In a sauté pan, on the stovetop over medium-high heat, sauté the chard stems and garlic in 2 tablespoons of coconut oil. When the stems have softened, add the leaves, and stir together.
- 4. Add the broth and bring to a low simmer. Cover and braise the chard for about 5 minutes. Remove the lid, stir, and continue cooking until greens have softened completely and the liquid has evaporated.
- 5. Serve hot.