



grounded
HEALTH & WELLNESS

Grilled cauliflower steaks with simple bruschetta and spicy lentils

Modified from Forks over Knives - The Cookbook

Prep + Cooking time: 1 hour

Serves 4

Ingredients

2 medium heads of cauliflower

2 medium shallots

2 cloves garlic

¼ tsp ground sage

⅛ tsp ground fennel

½ tsp red pepper flakes

1 cup green or brown lentils

4 cups vegetable broth or bone broth (salted)

2 slicing tomatoes or 1 cup of cherry tomatoes

Avocado or olive oil (Avocado is preferred since it has a higher smoke point)

Chopped parsley, as desired

Directions

Peel & mince the shallots and 1 clove of garlic. Rinse the lentils & prep the vegetable stock if using bouillon.

In a medium saucepan, saute the shallots with 2 Tbsp olive oil over medium-low heat for 5-7 minutes. Add the garlic, sage, fennel, red pepper flakes & lentils and cook for 3 minutes. Add the vegetable broth and bring it to a boil over medium-high heat. Reduce the heat to a simmer and cook, covered, for 20-30 minutes or until lentils are desired tenderness. Check the lentils after ~15 minutes and add water if they are drying out.

While the lentils are cooking, make the bruschetta by chopping the tomatoes and mincing the remaining garlic clove. Mix in a bowl with avocado/olive oil & set aside.

Cut each cauliflower head in half through the stem, then trim each half so you have a 1-inch thick “steak”. There will be 4 steaks from the 2 heads. (Reserve the remaining cauliflower florets for other recipes or grill using a grilling grate)

Pre-heat the grill. Brush the steaks with avocado/olive oil and once the grill is hot, cook on each side for ~7 minutes. Keep warm while lentils are cooking.

Serve the lentils on the bottom of shallow bowls, topped with cauliflower steaks and bruschetta. Garnish with parsley.