

## Roasted Cauliflower Steaks

### Ingredients:

1 large cauliflower head  
Olive oil  
Salt and fresh cracked pepper  
Garlic powder  
Basil leaves  
Parsley  
Thyme leaves  
1/2 tablespoon butter  
1/2 cup Panko breadcrumbs  
1-2 tablespoons shredded Parmesan cheese

### Directions:

1. Wash hands with soap and water.
2. Preheat oven to 400° F. Oil a baking sheet; set aside.
3. Remove leaves from the [cauliflower](#), leaving the core intact. Rinse under cool running water. Place cauliflower core side down on a cutting board. With a [large knife](#), slice cauliflower into four steaks from the center of the cauliflower, each steak about 1/2 inch thick. Arrange the cauliflower steaks on the [baking sheet](#) along with the broken florets.
4. Brush cauliflower steaks generously with olive oil on both sides and sprinkle with seasonings. Roast in the oven 15 minutes.
5. Melt the butter in a small bowl. Add breadcrumbs and Parmesan cheese, stir until combined. Sprinkle mixture onto each cauliflower steak. Continue roasting in the oven another 5-10 minutes, until golden brown and cooked through. **Yield:** 4 servings.