



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 <u>cauliflower</u>, leaving the core intact. Rinse under cool running water. Place cauliflower core side down on a cutting board. With a <u>large knife</u>, slice cauliflower into four steaks from the center of the cauliflower, each steak about 1/2 inch thick. Arrange the cauliflower steaks on the <u>baking sheet</u> 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.

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