

Roasted Cauliflower with Chickpeas and Lemon Tahini Dressing



Ingredients (Roasted Vegetables):

- 1 head cauliflower broken into small florets (~ 4 cups)
- 2 carrots sliced diagonally (~ 2 cups)
- 1 red onion cut in half and sliced lengthwise (~ 2 cups)
- 15 ounces chickpeas canned, drained, rinsed
- 1 tablespoon canola, grapeseed, or safflower oil
- pinch salt
- pinch black pepper

Directions (4 servings of 1 cup per serving):

1. Preheat oven to 400° F.
2. Combine cauliflower, carrots, red onion, chickpeas, high-heat oil, salt and pepper in a large bowl. Toss to combine and transfer to a baking sheet. Roast until cauliflower is al dente, about 30 minutes.
3. Combine lemon juice, dijon mustard, olive oil, tahini and crushed red pepper in a small bowl and whisk until well combined. Stir in parsley and set aside.
4. In a large bowl, combine roasted vegetable mixture with dressing and toss gently to combine. Taste for salt and pepper. Serve warm or at room temperature.

Ingredients (Dressing):

- 1 lemon juiced (~ 3 tablespoons)
- 1 tablespoon dijon mustard
- 2 tablespoons olive oil
- 2 tablespoons tahini or more, to taste
- ¼ teaspoon crushed red pepper flakes
- ½ cup parsley chopped



Source: [EatFresh.Org](https://www.eatfresh.org)



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Cauliflower: A Secret Superfood

While we may not always think about it, cauliflower is an excellent addition to our diets to help keep us healthy. Not only is cauliflower high in antioxidants that protect our cells from free radicals and help to reduce inflammation, it is also high in essential nutrients that help fuel our bodies. In cauliflower we find nutrients, like sulforaphane and choline, that help reduce our risk of developing diseases and support our metabolism. The next time you cook with cauliflower, try incorporating the purple, green or orange varieties!

Notes:

Nutrition Facts

Serving Size 1.00 cup

Serving Per Container 4

Amount Per Serving

Calories 279

% Daily Value*

Total Fat 15 g 19%

Saturated Fat 2 g 10%

Sodium 446 mg 19%

Total Carbohydrate 30 g 11%

Dietary Fiber 10 g 36%

Protein 10 g

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:



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