

INGREDIENTS

1 head cauliflower, cut into steaks
1 tsp rosemary
1 tsp thyme
½ tsp paprika
3 cloves garlic, minced
½ onion, sliced
Olive oil to coat

INSTRUCTIONS

Preheat oven to 450 degrees

Cut cauliflower into steaks, about ½ inch

Combine all ingredients and coat the steaks

Marinate for one hour, up to all night

Remove and place on baking sheet

Bake at 450 for about 10 minutes, or until tender

Enjoy!

NUTRITION FACTS

CAULIFLOWER

Great source of fiber and protein. They also contain potassium, iron, and vitamin k1. The high fiber promotes a feeling of fullness while aiding in digestive health



Onions are rich in antioxidants and have natural anti-inflammatory qualities! They can help lower blood pressure, manage cholesterol, and maintain gut health!