

WHOLE-ROASTED HERBED CAULIFLOWER

(Vegan/Vegetarian/Standard/Maintenance Options)

This dish makes a beautiful presentation. It's great for everyday or special enough for a holiday table. The Vegan Parmesan Cheese (see notes) used in this dish takes less than 5 minutes to make and can be used in so many soups, salads and dishes for added flavor. One serving of this recipe is one cup and covers your vegetable, fat, and 2-3 grams of protein with Vegan or regular Parmesan cheese.



INGREDIENTS

- 1 head of cauliflower
- 1/3 cup avocado oil
- 3 cloves garlic, crushed
- 1 tsp. dried basil
- 1 tsp. dried parsley
- 1/4-1/2 tsp. dried thyme (your taste, dried thyme can be strong)
- 1/2 tsp. Pink Himalayan salt
- 1/4 tsp. black pepper, ground
- 4 Tbsp Vegan Parmesan Cheese (divided in half)
(Maintenance can use regular Parmesan cheese)

INSTRUCTIONS

Preheat oven to 400° F. Trim the cauliflower of the outer leaves and cut away the woody stem, carefully, to allow it to lay flat. Only cut what is

needed, being careful not to cut off the florets. Cut a crisscross into the deeper stem with a knife.

In a small bowl, combine the avocado oil, garlic, basil, parsley, thyme, salt, pepper and 2 Tbsp of the Vegan Parmesan Cheese.

In a large Dutch oven, turn the cauliflower upside down and drizzle some of the sauce into the middle of the cauliflower, letting it drip down inside. You can use a pastry brush to help it along.

Turn the cauliflower back over and baste the remaining sauce over the entire head, using your pastry brush to spread it evenly.

Cover the Dutch oven with a lid and bake for 40-45 minutes, until tender when pierced with a knife.

Turn the oven to broil.

Remove lid and sprinkle cauliflower with the remaining 2 Tbsp of Vegan Parmesan Cheese. Place it under the broiler for 1-5 minutes, watching carefully. Time will depend on whether your broiler is set on high or low and how far the dish is from the broiler. Broil just until the cheese is browned.

VEGAN PARMESAN CHEESE

INGREDIENTS

1/2 cup hemp hearts/seeds
1/4 cup nutritional yeast
1/2 tsp. garlic powder
1/2 tsp. onion powder
1/4 tsp. Pink Himalayan salt

INSTRUCTIONS

Place all the ingredients into a bowl and stir or into a jar and shake together well. A jar is perfect air-tight container to store the "cheese" in the refrigerator for up to 3 months.

You can also add a bit more salt to intensify the flavors, as well.