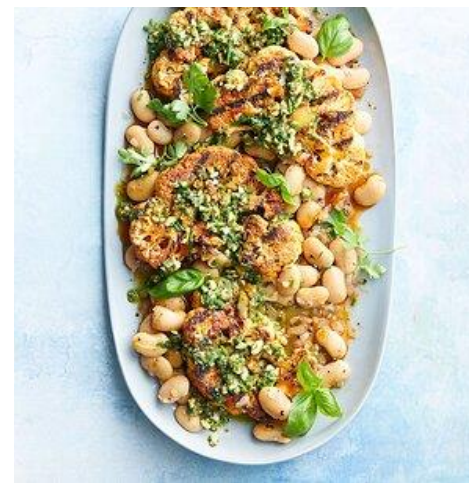


# Grilled Cauliflower Steaks with Almond Pesto & Butter Beans

This vegan recipe for grilled cauliflower steaks with buttery (but butter-free!) butter beans and almond pesto comes together in just 25 minutes but is impressive enough to serve to guests. We're sorry to ask you to buy 2 heads of cauliflower to make this recipe when you only cut a couple of "steaks" from each, but it guarantees the best results. Just think of it this way: having leftovers gives you an excuse to make cauliflower rice or other healthy cauliflower recipes! Total time: 25 mins, Serves 4



½ cup almonds	2 tsp smoked paprika
5 Tbls chopped flat-leaf parsley, divided	1 tsp garlic powder
¼ cup packed fresh basil	2 medium shallots, minced
2 Tbls chopped fresh chives	1 clove garlic, minced
Zest & juice of 1 lemon	3 cups cooked butter beans
5 Tbls extra-virgin olive oil, divided	½ cup water
1 tsp salt, divided	¼ tsp ground pepper
2 large heads cauliflower	2 tsp sherry vinegar

Preheat grill to medium.

Pulse almonds, 4 tablespoons parsley, basil, chives, lemon zest and juice, 2 tablespoons oil and 1/4 teaspoon salt in a food processor until chopped.

Place cauliflower heads on a cutting board, stem-side down. Using a large chef's knife, cut two 1/2-inch-thick slices from the center of each head to make 4 "steaks." (Reserve the remaining cauliflower for another use.) Brush the steaks with 2 tablespoons oil. Combine paprika, garlic powder and 1/2 teaspoon salt in a small bowl. Sprinkle the mixture on both sides of the steaks.

Grill the steaks, turning once, until tender and nicely charred, 12 to 14 minutes total.

Meanwhile, heat the remaining 1 tablespoon oil in a medium saucepan over medium heat. Add shallots and garlic and cook until the shallots start to soften, about 1 minute. Add beans, water, pepper and the remaining 1/4 teaspoon salt. Cook, stirring occasionally, until hot, about 5 minutes. Remove from heat and stir in vinegar and the remaining 1 tablespoon parsley.

Serve the cauliflower steaks over the beans, topped with the pesto and more herbs, if desired.

## Nutrition Facts

**Serving Size:** 1 Steak, 3/4 Cup Beans And 2 Tbls Sauce

### Per Serving:

427 calories; protein 13.8g; carbohydrates 35.5g; dietary fiber 10.4g; sugars 3.4g; fat 26.9g; saturated fat 3.1g; vitamin a iu 1288.3IU; vitamin c 64.1mg; folate 84mcg; calcium 114.5mg; iron 4.4mg; magnesium 105.7mg; potassium 806.5mg; sodium 663.5mg.

**Exchanges:** 5 Fat, 1 1/2 Starch, 1 1/2 Vegetable, 1 Lean Protein