



Cauliflower Steaks with Cilantro Yogurt Sauce

Cauliflower Steaks with Cilantro Yogurt Sauce

Drizzle with a cilantro yogurt sauce. You can serve them as a side or top with a fried egg for breakfast.
(1 serving = 1 steak)

Ingredients:

- 3/4 cup Greek nonfat plain yogurt
 - 1/2 cup cilantro, chopped
 - 3 Tbsp. lemon juice
 - 1 tsp. garlic, finely chopped
 - 1/8 tsp. red pepper flakes
 - nonstick cooking spray
 - 1 large head cauliflower, cut into 3/4-inch steaks
 - Olive oil as needed
 - Salt and pepper, to taste
1. Add Greek yogurt, cilantro, lemon juice, garlic, and red pepper flakes to a blender; cover and blend until smooth. Season to taste with salt and pepper (optional). Cover and refrigerate at least 20 minutes; set aside.
 2. Preheat oven to 375° F. Spray a baking sheet with nonstick cooking spray; set aside.
 3. Coat cauliflower with olive oil. Arrange steaks on prepared baking sheet. Bake for 30 minutes or until fork tender and golden brown, turning once. Season to taste.
 4. Serve steaks with cilantro yogurt sauce.

Recipe from: <https://www.hy-vee.com/recipes-ideas/recipes>



**STAY WELL
HEALTH CENTER**
Serving SoNM/LPB Employees
Covered under a SoNM
Employee Medical Plan