STICKY SESAME CAULIFLOWER STEAKS

SERVES: **4** | SERVING SIZE: **1 cauliflower steak** | PREP: **15 minutes** | READY: **45 minutes**

INGREDIENTS

- Parchment paper or vegetable oil cooking spray
- 1 medium head (about 1 1/2 pounds) cauliflower
- 1 tablespoon olive oil
- 1/4 cup tomato sauce
- 3 tablespoons dark brown sugar
- 2 tablespoons rice vinegar
- 1 tablespoon reduced-sodium soy sauce
- 2 teaspoons chili garlic sauce
- 2 teaspoons grated fresh ginger root
- 1 clove garlic, minced
- 1 tablespoon water
- 1 teaspoon corn starch
- 3 tablespoons sliced green onions
- 1/2 teaspoon sesame seeds

DIRECTIONS

Preheat oven to 425 degrees. Line a large sheet pan with parchment paper or coat with cooking spray.

Cut cleaned cauliflower head vertically into 4 slices (steaks) approximately even in thickness. Arrange steaks in a single layer on prepared sheet pan and brush both sides with oil. Place in oven and roast for 15 minutes.

While cauliflower steaks are roasting, prepare sticky sesame sauce by placing tomato sauce, brown sugar, vinegar, soy sauce, chili garlic sauce, ginger root, and garlic in a small saucepan. In a small dish prepare a corn starch slurry by combining water and corn starch. Stir until corn starch dissolves and set aside. Over medium heat, bring sticky sesame sauce to a boil, add corn starch slurry, and stir constantly until sauce thickens; about 1 minute. Remove sauce from heat.

Remove cauliflower steaks from oven after initial 15-minute roasting time and gently turn each steak over. Brush tops of steaks with sticky sesame sauce. Return to oven and continue roasting for an additional 15 minutes.

To serve, transfer cauliflower steaks to a platter and sprinkle with sliced green onion and sesame seeds.

NUTRITION INFORMATION PER SERVING

122 **calories**, 4 g **total fat**, 1 g **saturated fat**, 0 g **trans fat**, 0 mg **cholesterol**, 259 mg **sodium**, 20 g **total carbohydrate**, 3 g **dietary fiber**, 14 g **total sugars**, 10 g **added sugars**, 4 g **protein**, 0 mcg (0%) **vitamin D**, 44 mg (4%) **calcium**, 1 mg (6%) **iron**, 556 mg (10%) **potassium**