

# Everything Bagel Cauliflower Steaks

4 SERVINGS 20 MINUTES



## INGREDIENTS

1 head Cauliflower (cut into steaks)  
1/4 cup Extra Virgin Olive Oil  
3 tbsps Everything Bagel Seasoning  
1/4 cup Tahini  
1 1/2 tbsps Lemon Juice

## NUTRITION

### AMOUNT PER SERVING

Calories	247	Carbs	11g
Fat	22g	Protein	5g

## DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Place the cauliflower steaks on the baking sheet and rub the olive oil all over the cauliflower. Add the everything bagel seasoning all over the sides and top of the steaks. Place in the oven to bake for 13 to 15 minutes, flipping half way through.
- 03 Meanwhile, add the tahini and lemon juice in a small jar and shake to combine.
- 04 Remove the cauliflower, divide onto plates and serve with lemon tahini sauce. Enjoy!