

LEMON ROASTED CAULIFLOWER

Ingredients:

Juice of one lemon

½ Tablespoon of tahini (sesame seeds) *Can make your own, see below*

Smoked paprika, 1 head cauliflower, ¼ teaspoon salt, Ground pepper

Steps:

Heat oven to 450 degrees

Whisk ingredients together

Add Cauliflower to whisked mix and Transfer cauliflower to baking sheet lined with parchment paper

Sprinkle with salt and Bake 25-30 minutes.

Remove from oven and add more salt plus pepper in preference to taste.

Nutrition dynamo of Cauliflower:

Cauliflower is considered a cruciferous vegetable, so you know right off the bat that you'll be treated to nutrition. Cauliflower is an excellent source of vitamins and minerals, containing some of almost every vitamin and mineral that you need. Cauliflower contains a high amount of fiber, which is important for digestive health and may reduce the risk of several chronic diseases.

Cauliflower contains sulforaphane, an extensively studied antioxidant. Many test-tube and animal studies have found sulforaphane to be particularly helpful for suppressing cancer development by inhibiting enzymes that are involved in cancer and tumor growth. According to some studies, sulforaphane may also have the potential to stop cancer growth by destroying cells that are already damaged. Sulforaphane appears to be most protective against colon and prostate cancer but has also been studied for its effects on many other cancers, such as breast, leukemia, pancreatic and melanoma.

Making your own Tahini:

Step 1, Toast the sesame seeds. I love toasting the sesame seeds before making the tahini. The flavor is far superior this way. If you plan to toast the seeds, I recommend doing so on the stovetop and not in the oven. Sesame seeds are tiny and so they burn very easily. To toast the sesame seeds, I throw them into a wide, dry saucepan over medium-low heat then stir constantly with a spoon until the seeds darken ever so slightly in color and become fragrant.

Step 2, Process the sesame seeds until crumbly. When the sesame seeds have cooled, we throw them into the bowl of our food processor, shut the lid then process until a crumbly paste begins to form.

Step 3, Add oil and process into a smooth cream. To help the tahini turn into an extra smooth paste, I add a few tablespoons of neutral-flavored oil.

You can eliminate some of the oil if you would like, but the tahini won't be as smooth or pourable. To reach a similar consistency as store-bought, I've found 3 to 4 tablespoons of oil should do it.

After more processing, a few stops to scrape the bottom and sides of the bowl and a little more processing after that, the tahini is done. Extra smooth and ready to use in whatever recipe you like.