

Grilled Cauliflower Steaks with Homemade Pesto

recipe

PREP TIME: 15 Min | COOK: 13 Min | SERVINGS: 8



INGREDIENTS

- 2 Tbsp pine nuts
- 2 cups fresh basil leaves
- ½ cup reduced-sodium chicken broth
- ¼ cup grated Parmesan cheese
- 1 Tbsp olive oil
- 2 garlic cloves
- ½ tsp table salt
- 1 ½ pounds cauliflower,
cut into eight 1/2-inch-thick steaks
- 2 sprays cooking spray

INSTRUCTIONS

Place pine nuts in a small skillet and set pan over medium heat. Cook until nuts are golden, shaking pan frequently to prevent burning, about 3 minutes; transfer nuts to a plate to cool.

In a blender or food processor, combine cooled nuts, basil, broth, cheese, oil, garlic, and salt; process until smooth and set aside.

Preheat grill to medium heat.

Off heat, coat cauliflower steaks lightly with cooking spray; set directly over heat. Cover grill and cook cauliflower, turning once, until marked and tender, about 10 minutes. Transfer to a serving platter or plates; spoon pesto over top.

Serving size: 1 cauliflower steak with 2 Tbsp pesto