



Makes 4 steaks
Preparation Time: 30 minutes
Cook Time: 15 minutes

INGREDIENTS:

1 to 2 heads cauliflower, leaves removed (3 lb. total)

1 large sweet onion, sliced
¼-inch thick

1 teaspoon reduced-sodium
tamari

Freshly ground black pepper, to
taste

1 lb. fresh baby spinach

¼ cup thinly sliced shallot

3 cloves garlic, minced

2 tablespoons whole wheat flour

2 tablespoons nutritional yeast

2 cups unsweetened, unflavored
plant-based milk

¼ teaspoon freshly grated
nutmeg

3 cups hot cooked farro

Red pepper flakes, to taste

Roasted Cauliflower Steaks with Creamed Spinach

Get traditional steakhouse flavor without the **animal products** when you dig into a plate of this satisfying cauliflower steak with creamed spinach. Nestled into a bed of tender farro and sweet roasted onions, the savory steaks are browned to perfection and mimic the thick texture of meat. **Nutritional yeast** adds a cheesy, salty flavor to the creamed spinach, which is so good you'll want to include it in **grain bowls** and other meal combos. This restaurant-quality recipe is perfect for impressing guests or whipping up a fancy **Valentine's Day** dinner at home.

By Shelli McConnell

- 1 Preheat oven to 450°F. Line two baking sheets with foil. Carefully trim stem ends from cauliflower, leaving cores intact so florets are still attached. Place cauliflower heads, core sides down, on cutting board. Using a chef's knife, cut cauliflower vertically into four 1- to 1¼-inch-thick "steaks" (reserve ends and loose pieces for another use). Arrange steaks and onion slices on prepared baking sheets.
- 2 In a small bowl combine tamari and 1 tablespoon water. Brush mixture over steaks and onion. Sprinkle with black pepper. Roast 25 to 30 minutes or until golden, turning once. Halve onion slices.
- 3 Meanwhile, for creamed spinach, in an extra-large skillet cook and stir spinach, half at a time, over medium until wilted, adding water, 1 to 2 tablespoons at a time, to help it wilt. Transfer to a colander. Squeeze out liquid. In the skillet cook shallot and garlic over medium, stirring and adding water, 1 tablespoon at a time, as needed to prevent sticking. In a small bowl whisk together flour, nutritional yeast, and ¼ cup of the plant milk. Add remaining plant milk to skillet. Gradually whisk in flour mixture. Cook and stir 8 minutes or until mixture is thickened and bubbly. Stir in nutmeg then spinach.
- 4 Serve cauliflower over farro. Top with onion and spinach. Sprinkle with crushed red pepper.