



Makes 4 cauliflower planks + 6 cups pepper salad
Preparation Time: 40 minutes
Cook Time: 15 minutes

INGREDIENTS:

1 to 2 large heads cauliflower
(about 3 lb. total)

2 teaspoons reduced-sodium
tamari

Freshly ground black pepper, to
taste

3 bell peppers (red, yellow, and
orange), cut into ½-inch strips

1 large sweet onion, cut into
½-inch strips

3 cloves garlic, minced

2 15-oz. cans no-salt-added
cannellini beans, rinsed and
drained (3 cups)

3 tablespoons red wine vinegar

2 teaspoons sweet paprika

¼ cup chopped fresh parsley

1 medium avocado, halved,
seeded, peeled, and sliced

Roasted Cauliflower Planks with Pepper Salad

This hearty main dish salad is delicious served warm or at room temperature. Start by slicing tamari-marinated cauliflower into planks and oven-roasting them until the florets begin to brown and caramelize. While they cook, a scrumptious medley of [bell peppers](#), [onion](#), and cannellini beans are simmered in tangy red wine vinegar and sweet paprika to create a saucy base for the cauliflower planks. Top it all off with slices of creamy avocado for a summery dish packed full of fresh produce. Adding a few sprigs of parsley or cilantro really rounds out the flavors of this unforgettable knife-and-fork meal.

For more cauliflower recipes, check out these tasty ideas:

- [Mediterranean Tacos with Spicy Roasted Cauliflower](#)
- [Vegan Shawarma with Roasted Cauliflower and Chickpeas](#)
- [Roasted Cauliflower and Sweet Potato Soup](#)
- Or take a look at our full collection of [vegan cauliflower recipes](#)

By Ellen Boeke

- 1 Preheat oven to 400°F. Line a large baking sheet with parchment paper or a silicone baking mat. Remove outer leaves from cauliflower. Carefully trim stem ends, leaving cores intact so florets are still attached. Place cauliflower heads, core sides down, on cutting board. Using a chef's knife or large serrated knife, cut cauliflower vertically into four 1- to 1¼-inch thick "steaks" (reserve ends and loose pieces for another use).
- 2 In a small bowl combine 1 teaspoon of the tamari and 1 tablespoon water. Brush mixture over steaks. Season with black pepper. Roast 25 to 30 minutes or until tender and lightly browned, turning once. Brush with the remaining 1 teaspoon tamari.
- 3 Meanwhile, in an extra-large skillet combine bell peppers, onion, and ½ cup water. Bring to boiling; reduce heat to medium. Cover and cook 8 minutes or until tender, turning occasionally with tongs. Uncover. Cook 5 minutes more or until liquid is gone and peppers are tender, stirring occasionally and adding garlic the last 2 minutes of cooking. Stir in the beans, vinegar, and paprika; heat through. Sprinkle with parsley.
- 4 Serve bell pepper mixture topped with cauliflower and avocado. If you like, garnish with additional parsley.