

313 MAIN STREET
AMES, IA 50010
515.233.4272

M-W 9:30am-6pm
TH 9:30am-8pm
FR 9:30am-6pm
SA 9:30am-5pm



Roasted Cauliflower with Tahini & Braised Chard

Serves 2-4

A whole, roasted cauliflower is both delicious and beautiful to serve to veggie loving guests! The easy marinade creates a nice golden crust while pairing well with a zingy tahini dipping sauce. We like to serve the roasted cauliflower with a hearty side of braised chard. We opted to use virgin coconut oil for these dishes for the delicious coconut-y flavor it lends to both the cauliflower and greens.

Ingredients:

1 teaspoon garam masala
1 teaspoon whole cumin seeds
1 lemon, juiced
3/4 cup Greek yogurt
Freshly ground black pepper
Kosher salt
1 head cauliflower
2 tablespoons virgin coconut oil

Tahini Sauce:

1/2 cup tahini
1 lemon, juiced
1 clove garlic, minced
2 tablespoons olive oil
Water to thin

Garnish:

2 tablespoons parsley, minced

Directions:

1. Preheat the oven to 400°F.
2. Mix the marinade by whisking the Greek yogurt, garam masala, cumin seeds, and lemon juice together.
3. Trim away the leaves and cut the bottom of the cauliflower, so that it can sit flat in a pot.
4. Pour the coconut oil over the head of cauliflower, then smear the head with the Greek yogurt marinade.
5. Place the marinated cauliflower head in a Dutch oven, and bake for 45-60 minutes, or until the exterior has browned, and the interior of the cauliflower can easily be pierced with the tip of a sharp knife. If the cauliflower seems to be cooked, but is not browning, use the broiler to brown the crust.

Continued on Page 2

313 MAIN STREET
AMES, IA 50010
515.233.4272

M-W 9:30am-6pm
TH 9:30am-8pm
FR 9:30am-6pm
SA 9:30am-5pm



Page 2, continued

6. While the cauliflower is roasting, make the tahini sauce by whisking all ingredients together in a small bowl. Add enough cold water and stir until the desired consistency is attained.

7. To serve, cut the roasted cauliflower into wedges. Serve while hot with a side of tahini dipping sauce. Make it a meal with the braised chard recipe below.

Braised Chard

Ingredients:

1 bunch chard
4 cloves garlic, sliced
2 tablespoons virgin coconut oil
1/4 cup vegetable broth

Braised Chard Directions:

1. Separate the stems from the leaves of the chard. Dice the chard stems, and chop the leaves into bite-sized pieces.
2. Thinly slice 4 cloves of garlic.
3. In a sauté pan, on the stovetop over medium-high heat, sauté the chard stems and garlic in 2 tablespoons of coconut oil. When the stems have softened, add the leaves, and stir together.
4. Add the broth and bring to a low simmer. Cover and braise the chard for about 5 minutes. Remove the lid, stir, and continue cooking until greens have softened completely and the liquid has evaporated.
5. Serve hot.