

ROASTED CAULIFLOWER HUMMUS



DIFFICULTY

EASY



TIME

40 MIN



SERVES

12

INGREDIENTS

1 medium head of Cauliflower, cut into florets (about 8 cups)
7 tbsp. Olive Oil, divided
2-4 tsp Garlic, chopped
3 tbsp. Tahini (sesame paste)
1/3 cup Lemon juice
1/8 tsp. Cumin
1/4 tsp Smoked Paprika
1 tsp Salt, or more to taste

DIRECTIONS

1. Preheat oven to 425 degrees.
2. On a foil or silpat lined baking sheet toss cauliflower florets with 2 tbsp olive oil and 1/2 tsp of salt until evenly coated.
3. Roast in preheated oven for 25 minutes or until florets are browned.
4. Cool cauliflower (can be roasted and refrigerated up to 2 days in advance)
5. Add roasted cauliflower, garlic, and tahini to a food processor and blend, drizzle in 3 tbsp. of olive oil, lemon juice, and 1/2 tsp sea salt. Process until smooth.
6. Tasted and adjust for seasoning.
7. Transfer to serving dish and drizzle with 1-2 more tbsp of olive oil and sprinkle with smoked paprika.

NUTRITION FACTS PER SERVING

Calories: 95 Fat: 9.8g Carbohydrates: 2.3g Fiber: 1.1g Protein: 1.1g



CALIFORNIA SCHOOLS
VEBA

Leslie Myers | Executive Foodie | VEBA Resource Center