



## **A healthy steak that keeps you firmly in the produce aisle - Grilled Cauliflower Steaks with Lemon-Lime Gremolata -**

*By: Melissa d'Arabian July 6, 2015*

We finally live in a world where going meatless on Mondays can appeal to even the enthusiastic carnivore. Which is why vegetable "steaks" are becoming increasingly popular.

The concept is pretty simple. We cut up thick slices of veggies — often eggplant, portabella mushroom caps, heads of cauliflower — and grill or broil them just as we would beef steaks. If you are doubter, let me be the first to say I understand. I was skeptical, too. But veggie steaks really rank up there in the most satisfying of meatless meal options. They won't replace your juicy rib-eye, but they will make a satisfying meal.



Cauliflower is a veggie steak favorite, its flavor enhanced by the high heat of grilling or roasting, which coax out a sweet earthiness. This method of cooking it has made me a huge fan of a veggie I hated as a kid (when it typically was boiled to cruciferous noxiousness and bathed in a ridiculously-colored cheese sauce (Sorry, Mom).

But it's the cruciferous nature of the cauliflower that makes it so healthy, full of fiber and nutrients. And 1 cup of cauliflower has just 25 calories!

The trick to slicing cauliflower steaks is to use only the center of the cauliflower head. Basically, you trim away the sides, then cut the center into thick slabs. This has always presented me with leftover little florets that fall away. Sure, you can save them for another meal (and I do!). Or you can use those little pieces to make a gremolata to go on top of the steak.

In this recipe, I use every bit of the cauliflower head, and add a touch of feta to the topping for a little salty goodness. Happy Monday!

Nutrition information per serving: 70 calories; 25 calories from fat (36 percent of total calories); 3 g fat (1 g saturated; 0 g trans fats); 5 mg cholesterol; 150 mg sodium; 10 g carbohydrate; 3 g fiber; 4 g sugar; 4 g protein.

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Food Network star Melissa d'Arabian is an expert on healthy eating on a budget. She is the author of the cookbook, "Supermarket Healthy".