

CAULIFLOWER HUMMUS

By Dr. Cindy Tanzar
(Standard)

Once again, cauliflower proves itself to be the most versatile vegetable for creating new ways to add variety to your vegetable choices. It so easily takes on the flavors of other ingredients, providing you with endless options for recipes. Even if you don't care for cauliflower, try this recipe. The Tahini is necessary for creating a true hummus flavor, so don't skip on that ingredient. Use fresh cucumber, zucchini or yellow squash slices, celery, radishes, peppers or even carrots (maintenance) for dipping. Since the cauliflower is cooked, use 1 cup raw veggies and 1/2 cup of the hummus to provide one serving of vegetables - it will also cover your fat for that meal.



INGREDIENTS

- 3 cups raw cauliflower florets
- 2 Tbsp filtered water
- 2 Tbsp avocado or extra virgin olive oil
- 3 whole garlic cloves
- 1.5 Tbsp Tahini paste
- 3 Tbsp lemon juice



2 raw garlic cloves, crushed (in addition to above)
3 Tbsp extra virgin olive oil (in addition to above)
Pink Himalayan salt to taste (probably at least ½ tsp)
Smoked paprika, optional (sprinkled on top)

INSTRUCTIONS

Option 1 - For Use in the Microwave

Combine the cauliflower, water, 2 Tbsp oil, and 3 whole garlic cloves to a microwave safe dish. Microwave for about 15 minutes or until softened and darkened in color. (Make sure there isn't any excess water left in the cauliflower. If so, squeeze it out.)

Option 2 – Roasted in the oven

Combine the cauliflower with 2 Tbsp avocado oil, and 3 whole garlic cloves and spread onto a parchment lined baking sheet. Roast at 375°F for 30-40 minutes until very tender.

Place Option 1 or 2 mixture into a bullet, blender or food processor and blend. Add the tahini paste, lemon juice, 2 raw garlic cloves, 3 Tbsp of olive oil and salt. Blend until smooth.

Serve in a bowl and sprinkle with paprika.