Roasted Cauliflower Salad with Lemon Tahini Dressing

Total Cost: $6.99

Cost Per Serving: $1.75

Serves: 4

Ingredients

1 head cauliflower

½ red onion

2 Tbsp olive oil

Salt and Pepper to taste

½ bunch parsley

**LEMON TAHINI DRESSING**

⅓ cup tahini

⅓ cup water

¼ cup lemon juice

2 cloves garlic, minced

½ tsp cumin

¼ tsp cayenne

¼ tsp salt

**SPICED CHICKPEAS**

15oz. can chickpeas

1 Tbsp olive oil

½ tsp smoked paprika

¼ tsp garlic powder

⅛ tsp cayenne

Salt and Pepper to taste

Instructions

1. Preheat the oven to 400ºF. Chop the cauliflower into small florets and place them on a large baking sheet.

Slice the red onion into 1-inch strips and place them on the baking sheet. Drizzle the cauliflower and

onions with olive oil and season with a pinch or two of salt and pepper. Toss the cauliflower and onions

until coated in oil, salt, and pepper.

2. Roast the cauliflower and onions in the preheated oven for 20 minutes, then stir, return them to the oven,

and roast for an additional 10-15 minutes, or until the cauliflower is tender and browned on the edges. Let

the cauliflower cool slightly.

3. While the cauliflower and onions are roasting, make the lemon tahini dressing. Add the tahini, water,

lemon juice, garlic, cumin, cayenne, and salt to a blender. Blend until smooth, then refrigerate until ready

to serve.

4. Drain and rinse the can of chickpeas. Add them to a skillet along with the olive oil, smoked paprika,

cayenne, and a pinch of salt and pepper. Stir and cook the chickpeas over medium heat for about five

minutes, or until they sizzle and become slightly crispy. Remove the chickpeas from the heat.

5. Pull the parsley leaves from their stems and roughly chop the leaves into small pieces (about 1.5 cups

loosely packed, once chopped).

6. To build the salad, combine the roasted cauliflower and onions in a bowl with the spiced chickpeas and

chopped parsley. Drizzle the lemon tahini dressing over top, and toss to combine. Serve warm or cold.

Posted by Maggie Fisher

Recipe by Budget Bytes at https://www.budgetbytes.com/2017/02/roasted-cauliflower-salad-lemon-tahini-dressing