

Cauliflower Hummus

INGREDIENTS

1 large head of cauliflower, washed and cut into florets

Olive Oil

Salt and pepper

2 T. tahini

1 T. lemon juice

1 t. honey

1 small garlic clove

1 T. extra-virgin olive oil

DIRECTIONS

Toss cauliflower florets (slightly damp from rinsing) in plenty of olive oil, salt and pepper.

Roast the florets on a baking sheet at 450°F, covered tightly with foil, for about 12 minutes, until they begin to soften.

Uncover and continue to cook another 10 minutes, until the cauliflower begins to brown. Turn the florets and roast another 10 to 12 minutes, until they turn deep golden-brown and become completely tender. (The cauliflower should be caramelized, nutty, and sweet.)

Blend the cauliflower in a food processor with tahini, lemon juice, honey and a pinch of sea salt. Grate the garlic clove (or enough to taste) directly into the mixture with a microplane; blend and stream in tablespoon of extra-virgin olive oil. Scrape down the sides of the bowl as needed and blend until smooth.

Adjust salt and lemon juice to taste. Blend in more olive oil or a splash of water for a thinner consistency.



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