

ROASTED CAULIFLOWER WITH AVOCADO HUMMUS

Serves: 4

Prep Time: 5 minutes

Cook Time: 40-60 minutes

INGREDIENTS

1 large cauliflower, trimmed, cored and whole
A few tablespoons Olive oil
Salt and pepper, to season

Avocado hummus:

½ large ripe avocado
1 15½-ounce can chickpeas, rinsed, drained
¼ cup tahini, well mixed
¼ cup plus 1 tablespoon fresh lime juice
1 garlic clove
½ teaspoon (or more) kosher salt
¼ teaspoon freshly ground black pepper
Small handful cilantro leaves with tender stems
2 tablespoons olive oil, plus more for drizzling

STEPS

1. Heat the oven to 425 F while you prepare the cauliflower.
2. Break off and discard the outer leaves from the cauliflower. Cut off the bottom of the stem, and then use the tip of a small, sharp knife to cut off the leaves close to the stem. Carefully cut out the hard core of the cauliflower, near the bottom. Leave the main stem intact and make sure not to cut through any of the florets.
3. Rinse the cauliflower (leave the water clinging to the outside) and place on a work surface, core side up. Place it on a lined baking sheet, and drizzle with olive oil, and top with salt and pepper (or any other spices you might like). Roast in the oven for 40 to 60 minutes, or until tender and brown.
4. To make the hummus, put the avocado, chickpeas, tahini, lemon juice, garlic, salt, pepper, and cilantro in a food processor and pulse until smooth, about 1 minute. With the motor running, stream in 2 tablespoons olive oil, then continue to process until hummus is very light and creamy, about 1 minute longer. If it's too pasty, add a few tablespoons of water. For more acid, add more lemon, for more roundness, add more olive oil.
5. To serve, put the avocado hummus on a plate and spread it with the back of a spoon into a swipe. Place the roasted, tender cauliflower on top. Serve and enjoy!