Mediterranean Cauliflower Casserole

Source: Ashley Madden, founder of RiseShineCook.ca, from her book Plant-Based Delicious

About the Recipe

257 Calories · 8 g Protein · 7 g Fiber
Lunch · Dinner
Gluten-free · Nut-free · Soy-free

Ingredients

Makes 8 Servings

- 4 c (400 g) bite-size cauliflower florets
- 1 large red onion, thinly sliced
- 1 red or yellow bell pepper, seeded, stemmed, and cut into 1-inch [2.5-cm] pieces
- 1 c (100 g) pitted black or green olives, sliced if desired **optional*
- 1 1/2 c (255 g) cooked or canned chickpeas, drained and rinsed
- 1 c (30 g) baby spinach
- 1 c (180 g) uncooked millet or white quinoa
- 1/3 c (80 g) stirred tahini
- 1/3 c (80 mL) fresh lemon juice
- 3 large cloves garlic, crushed and peeled
- 1 tbsp (15 mL) red wine vinegar
- 1 tsp (2 g) dried oregano
- 1 tsp dried parsley
- 3/4 c (175 mL) water
- 1 tbsp (8 g) arrowroot starch
- 1/4 tsp sea salt, or to taste
- Pinch of black pepper
- 1 small bunch fresh mint **optional*
- 2 tbsp (16 g) sesame seeds **optional*

- Lemon wedges **optional*

Directions

1. Preheat the oven to 425 F (220 C).
2. Start with the casserole: Put the cauliflower, onion, bell pepper, olives, and chickpeas in a 9-by-13-inch (23-by-33-cm) casserole dish.
3. Make the tahini sauce: In a blender, combine the tahini, lemon juice, garlic, vinegar, oregano, parsley, water, arrowroot, salt, and pepper, and blend until smooth. Pour the sauce over the vegetables in the casserole. Stir to coat all the veggies, and then cover tightly with tinfoil.
4. Roast in the oven for 60 minutes, stirring once around the 40-minute mark. It's done when the cauliflower is fork-tender and the sauce is bubbling.
5. When about 20 minutes are left on the casserole, cook the millet according to the package directions. Once cooked, fluff with a fork and cover until needed.
6. When the casserole is ready, remove it from the oven and stir in the spinach. Cover again for a few minutes to let the greens wilt. Taste and season with salt, if needed.
7. Spoon the millet into bowls and top with the casserole. Garnish with mint and sesame seeds and serve with a lemon wedge.

Nutrition Facts

Per Serving:
Calories: 257
Total Fat: 9 g
    Saturated Fat: 1 g
    Calories From Fat: 31%
Cholesterol: 0 mg
Protein: 8 g
Carbohydrate: 36 g
Sugar: 4 g
Fiber: 7 g
Sodium: 237 mg
Calcium: 101 mg
Iron: 4 mg

Vitamin C: 51 mg
Beta-Carotene: 474 mcg
Vitamin E: 1 mg