

Whole Roasted Cauliflower with Feta, Honey, Umami and Aleppo Pepper



Ingredients:

- 1 head cauliflower
- 6 garlic cloves, cut into halves lengthwise

Dressing:

- 1/2 c olive oil
- 4 TBS Dijon mustard
- 1 TBS balsamic vinegar
- 1 TBS honey
- 2 tsp umami blend
- 1 tsp Aleppo pepper
- 1/2 c parsley, chopped
- 1/2 c feta

Method: Preheat oven to 450. Clean cauliflower and chop off stem base so that cauliflower lays flat on a baking sheet. Flipping cauliflower over, insert the garlic slivers into the bottom of the cauliflower between the florets. Flip the cauliflower back over and place flat on the baking sheet. Whisk together all ingredients for the dressing. Slather the dressing on the cauliflower, reserving a few tablespoons of the dressing for later. Roast the cauliflower for about an hour or until soft and can easily pierce with a knife. Combine feta, parsley and remaining dressing and rub roasted cauliflower with mixture. Return to oven until cheese melts, apple 5 min. Serve warm with lemon wedges.