



Cauliflower Steaks with Maitake Mushrooms and Browned Butter-Caper Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



334 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black divided freshly ground
- 2.5 tablespoons butter divided
- 1.5 tablespoons cooking oil
- 1 tablespoon capers chopped
- 2 cauliflower
- 0.3 cup wine dry white
- 1.5 teaspoons flour all-purpose

- 2 garlic crushed
- 3 garlic thinly sliced
- 0.8 teaspoon kosher salt divided
- 1 teaspoon juice of lemon fresh
- 3 cups milk 1% low-fat
- 2 mushrooms
- 0.7 cup oats
- 2 teaspoons thyme leaves
- 0.5 cup vegetable stock organic
- 0.5 cup water

Equipment

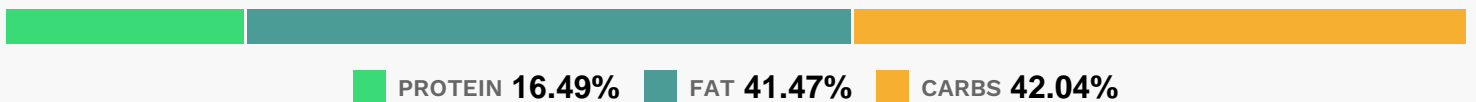
- bowl
- frying pan
- oven
- whisk
- microwave

Directions

- Place a jelly-roll pan in oven. Preheat oven to 450 (leave pan in oven).
- Place 1 1/2 teaspoons butter, oil, and crushed garlic in a small microwave-safe bowl. Microwave at MEDIUM (50% power) for 1 minute or until butter melts and garlic is fragrant. Cool slightly; discard garlic.
- Carefully cut 2 (1-inch-thick) "steaks" vertically from center of each cauliflower head; reserve remaining cauliflower for another use. Carefully trim bottoms of maitakes, keeping the mushroom clumps intact. Carefully cut each maitake in half lengthwise.
- Brush tops of cauliflower steaks with oil mixture. Carefully place cauliflower steaks, oiled sides down, on preheated pan; brush tops of steaks with oil mixture.
- Bake at 450 for 14 minutes or until bottoms are browned.

- Remove pan from oven; carefully turn cauliflower steaks over. Gently brush remaining oil mixture on both sides of maitake steaks; place on pan with cauliflower, cut sides down.
- Bake at 450 for 13 minutes or until cauliflower is browned and done.
- Remove from oven; sprinkle evenly with 1/4 teaspoon salt and 1/4 teaspoon pepper.
- While cauliflower bakes, bring milk and 1/2 cup water to a simmer. Gradually add polenta, stirring constantly with a whisk. Cook for 3 minutes or until thick, stirring constantly. Stir in remaining 1/2 teaspoon salt. Cover and keep warm.
- Melt the remaining 2 tablespoons butter in a medium skillet over medium heat; cook 3 minutes or until browned and very fragrant.
- Add sliced garlic; cook 45 seconds, stirring frequently.
- Add wine; increase heat to medium high, and cook 1 minute or until about half of liquid evaporates.
- Combine broth and flour, stirring with a whisk.
- Add broth mixture to pan; bring to a boil. Cook 1 minute or until slightly thickened, stirring constantly; stir in capers, juice, thyme, and remaining 1/4 teaspoon pepper. Spoon about 3/4 cup polenta on each of 4 plates. Top each serving with 1 cauliflower steak, 1 maitake steak, and about 2 tablespoons sauce.
- Garnish with thyme, if desired.

Nutrition Facts



Properties

Glycemic Index:112.75, Glycemic Load:9.04, Inflammation Score:0, Nutrition Score:28.363043743631%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Kaempferol: 3.67mg, Kaempferol: 3.67mg, Kaempferol: 3.67mg, Kaempferol: 3.67mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.08mg, Quercetin: 5.08mg, Quercetin: 5.08mg, Quercetin: 5.08mg

Nutrients (% of daily need)

Calories: 333.93kcal (16.7%), Fat: 15.87g (24.41%), Saturated Fat: 6.44g (40.22%), Carbohydrates: 36.19g (12.06%), Net Carbohydrates: 28.7g (10.44%), Sugar: 15.14g (16.82%), Cholesterol: 27.66mg (9.22%), Sodium: 824.39mg (35.84%), Alcohol: 1.54g (100%), Alcohol %: 0.33% (100%), Protein: 14.2g (28.39%), Vitamin C: 142.13mg (172.27%), Manganese: 1.17mg (58.7%), Vitamin K: 50.55µg (48.15%), Folate: 176.54µg (44.13%), Phosphorus: 392.4mg (39.24%), Potassium: 1261.41mg (36.04%), Vitamin B6: 0.72mg (35.95%), Calcium: 310.46mg (31.05%), Fiber: 7.49g (29.96%), Vitamin B2: 0.5mg (29.29%), Vitamin B5: 2.85mg (28.54%), Magnesium: 107.6mg (26.9%), Vitamin B1: 0.34mg (22.78%), Vitamin B12: 1.1µg (18.31%), Selenium: 11.89µg (16.99%), Zinc: 2.13mg (14.19%), Vitamin A: 680.2IU (13.6%), Vitamin D: 1.97µg (13.11%), Iron: 2.26mg (12.57%), Copper: 0.23mg (11.51%), Vitamin B3: 2.26mg (11.28%), Vitamin E: 1.51mg (10.06%)