

# Recipe of the Month

January 2024



## Florida Citrus Barbecue Cauliflower

### INGREDIENTS:

- 1 Florida cauliflower
- 1 Florida orange, zested and juiced
- 2 tablespoons finely chopped parsley, for garnish
- ½ cup barbecue sauce (your favorite)
- 1 teaspoon all-purpose seasoning (your favorite)
- 1 tablespoon oil, for cooking
- Sea salt and fresh ground pepper, to taste



### INSTRUCTIONS:

Preheat oven to 375°F. Slice cauliflower into ½-inch-thick steaks and place on parchment-lined sheet pan. Brush oil onto cauliflower, season with all-purpose seasoning, salt and pepper. Place in oven for 20 minutes. Zest and juice orange. Combine barbecue sauce, orange juice, and half of the orange zest and set aside. Remove cauliflower from oven and turn oven on to broil. Brush a generous amount of sauce onto each steak and sprinkle remaining zest evenly. Place directly under broiler until sauce is caramelized, about 3-5 minutes. Remove from oven and garnish with chopped parsley.

*Enjoy!*