



Quinoa & Roasted Cauliflower with Lemon Tahini Sauce

by [Wendy Polisi](#) CookingQuinoa.net

Ingredients

- 1 head of cauliflower, chopped
- 4 teaspoons olive oil, divided
- 2 teaspoons minced garlic
- ¼ cup Tahini
- 3 tablespoon lemon juice
- 1/3 cup water
- ¼ teaspoon salt
- ¼ teaspoon fresh ground black pepper
- 3 cups cooked quinoa
- 1 tablespoon chopped fresh parsley (or 1 teaspoon dried)
- 1 teaspoon toasted sesame seeds

Instructions

1. Place oven rack in the top position and preheat oven to 425.
2. Toss cauliflower with 2 teaspoons of oil and season with salt. Spread on a baking sheet and cook for 15 to 20 minutes, until tender.
3. Meanwhile, heat remaining oil over medium heat and add garlic. Cook for one minute. Add Tahini, lemon juice, water and salt. Cook over low heat for two minutes and remove from heat.
4. Toss cauliflower with quinoa in a large bowl. Divide among four serving plates. Spoon sauce over the cauliflower mixture and sprinkle with parsley and sesame seeds.

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