

Roasted Turmeric Cauliflower & Cashew Hummus

Makes 4 servings

Ingredients

For the Marinade:

- 2 tablespoons canola oil
- 2 tablespoons coconut oil
- 1 teaspoon turmeric
- 1 tablespoon Garam masala seasoning
- 1 teaspoon honey
- 1/8 teaspoon kosher salt
- 1/2 teaspoon ground white pepper

For the Roasted Cauliflower & Brussel Sprouts:

- 20 cauliflower florets (about 1 head)
- 1-pound brussels sprouts, halved
- 1/2 teaspoon Garam masala seasoning
- 1 tablespoon canola oil
- 1/4 teaspoon smoked paprika
- 1/2 teaspoon kosher salt
- 1/2 teaspoon ground white pepper

For Chef Bal's Garam Masala:

Makes 3 tablespoons

- 1 tablespoon ground cumin
- 1/2 tablespoon ground coriander
- 1/2 tablespoon ground cardamom
- 1/2 tablespoon ground black pepper
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground cloves
- 1/2 teaspoon ground nutmeg

For the Hummus:

- 1/2 cup cashews, halves, unsalted
- 2 cups canned garbanzo beans, drained, rinsed
- 2 tablespoons minced garlic
- 1 teaspoon Garam masala seasoning
- 1 teaspoon turmeric
- 1/2 teaspoon smoked paprika
- 1/4 cup olive oil
- 3 ounces water



Directions

For the marinade: Add all of the marinade ingredients together in a medium bowl and set aside.

For the Roasted Cauliflower & Brussel Sprouts: Preheat oven to 350F. Place the cauliflower florets in the mixing bowl with the marinade and mix well so all of the cauliflower is coated with the marinade. Place on a sheet pan.

On a separate sheet pan, place the Brussels sprouts and sprinkle the Garam masala, smoked paprika, canola oil, salt and pepper.

Place cauliflower and Brussels sprouts in the oven and bake for 30 minutes or until vegetables are fork tender. Remove from the oven and allow to cool.

For the Hummus: Place all of the hummus ingredients except the water in a food processor and mix until all of the ingredients are blended well until smooth. Scrape down the sides of the bowl, blend again and slowly add the cold water. Refrigerate until ready to use.

To Serve: Portion 1/4 cup of cauliflower and 5 halves of Brussel sprouts onto each plate and serve with 1/4 cup of hummus.

CALORIES	FAT	SAT FAT	CARBS	PROTEIN	FIBER	SODIUM
572	41	10	43	14	12	529