



A TASTEFUL PLACE
AT THE DALLAS ARBORETUM

RECIPE

Hero Vegetable: **Cauliflower**

Tandoori Cauliflower Spread

Ingredients:

For the Tandoori Seasoning:

1.5 Tbs smoked paprika
1/2 Tbs ground turmeric
1 tsp garlic powder
1/2 tsp ground cumin
1/4 tsp ground nutmeg
1/2 tsp cayenne pepper
1/2 tsp ground ginger
1/2 tsp ground coriander
salt and pepper to taste

For the Roasted Cauliflower

1 lb cauliflower florets
olive oil
Tandoori seasoning (above)
1 cup Greek yogurt
1/2 tsp onion powder
1/3 cup torn fresh Cilantro
1 Tbs Lemon juice
3 Tbs grated Parmesan
1/2 tsp garlic, minced
salt/pepper to taste

Directions:

Preheat oven to 400F

In a small bowl, mix together your tandoori spices. Set aside.

In a 2 quart mixing bowl, toss the cauliflower florets in 2 tbsp olive oil and 2 tbsp of the tandoori seasoning. Transfer the cauliflower florets to a baking sheet. Bake for 20 minutes. Remove and let cool. Once cooled, place the roasted cauliflower, yogurt, a pinch of salt and pepper, onion powder, one more teaspoon of tandoori seasoning, cilantro, lemon juice, parmesan, garlic, and 2 tablespoons olive oil in a food processor. Cover and set to low speed. While processing, slowly add more olive oil until cauliflower mixture develops a creamy texture. Pour into a small bowl. Garnish with lemons or chopped cilantro.