



Cooking in the Kitchen at Olums

Molly Morgan *RD, CDN, CSSD*
*Cooking Delicious Recipes
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Korean BBQ Cauliflower

Serves 6

Ingredients:

- 2 small heads of cauliflower, chopped into florets (about 8 cups)
- 1 teaspoon olive oil
- 4 medium scallions, sliced
- 1 cup Korean BBQ Sauce (See below)

Korean BBQ Sauce Ingredients:

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|--------------------------|---|
| 1/3 cup lite soy sauce | 1 tablespoon rice vinegar |
| 2 tablespoons ketchup | 1 teaspoon ground ginger |
| 1 tablespoon brown sugar | 1/4 teaspoon ground black pepper |
| 1 tablespoon honey | 1 tablespoon hot sauce |
| 2 tablespoons sugar | 1 tablespoon Gochujang or chili paste |
| 1 tablespoon sesame oil | 1 tablespoon corn starch - blended with 2 tablespoons water |

Directions:

1. Preheat the oven to 425 degrees F.
2. Place the cauliflower florets on a baking tray and spray lightly with olive oil. Roast the cauliflower florets for 20 - 25 minutes, until tender and lightly browned.
3. In a small sauce pan, whisk together all of the Korean BBQ Sauce ingredients - except the corn starch. Bring the sauce to a boil then reduce heat and cook for 5 minutes more.
4. Stir 1 teaspoon of the corn starch and water mixture into the sauce and stir, allowing the sauce to thicken. Note: use more of the corn starch and water mixture if needed.
5. Heat a skillet and add the roasted cauliflower and about 3/4 of the prepared Korean BBQ Sauce. Stir to coat the cauliflower generously with the sauce.
6. Transfer the cauliflower and drizzle with remaining sauce. Top with sliced scallions and serve.

Nutrition Facts (per serving): 90 calories, 2 grams fat, 0 grams saturated fat, 0 milligrams cholesterol, 470 milligrams sodium, 17 grams carbohydrates, 4 grams fiber, 13 grams sugar, 4 grams protein