



Eat for Your Heart

Dr. Davidson's favorite heart-loving recipe:

Oven Roasted Cauliflower Steak

Ingredients:

- 1 head Cauliflower, large (about 2 pounds)
- 1/2 cup Olive oil
- 1 tsp Freshly ground black pepper
- 12 oz Green beans, trimmed
- 4 cloves Garlic, finely chopped
- 1 tsp Grated lemon zest
- 1/2 cup Chopped parsley
- 1/2 cup Panko breadcrumbs
- 2 tbsp Freshly grated Parmesan
- 1 can White beans, rinsed, drained (15-oz can)
- 1 tbsp Mayonnaise
- 2 tbsp Dijon mustard

Directions:

1. Preheat oven to 425°F. Remove leaves and trim stem end of cauliflower, leaving core intact. Using large knife, cut cauliflower head in half and make another cut about 1 to 1.5 in from that slice so you end up with 2 cauliflower "steaks." Reserve the rest of the cauliflower for another recipe.
2. Place cauliflower on a baking sheet. Brush both sides with olive oil, season with 1/4 tsp of pepper and then roast for 30 min (flip steak over after 15 minutes) until cauliflower is tender and browned.
3. Meanwhile, toss green beans with 1 tbsp. oil. Arrange on cookie sheet, roast for 5 minutes.
4. Whisk garlic, lemon zest, 1/3 cup parsley, 6 tbsp of oil, 1 1/4 tsp of salt, and 1/2 tsp of pepper in a medium bowl until smooth. Transfer half of mixture to another medium bowl.
5. To first bowl, add panko and Parmesan, mix with fork.
6. Add white beans and tomatoes to second bowl and toss to coat.
7. In a small bowl, whisk mayonnaise, mustard and 3 tbsp of olive oil until well incorporated and creamy. Spread mix on cauliflower with pastry brush. Divide the panko mixture in half and sprinkle half on each cauliflower steak. Mix white bean mixture and green beans together. Return bean mixture and cauliflower steaks to brown, 5-7 minutes more.
8. Take out of the oven and divide among 2 plates. Enjoy!

Heart-Healthy Nutrition Tips

- **Eat the rainbow** - Fill your plate with colorful fruits and veggies.
- **Choose whole grains** - Swap white bread and pasta for whole-grain options.
- **Embrace healthy fats** - Avocados, nuts and olive oil support heart health.
- **Limit added sugars & processed foods** - Stick to natural, whole foods as much as possible.