

Vegetarian Topped Cauliflower Steaks

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Vegetarian dinner on the table in just 30 minutes!

These Greek-inspired cauliflower steaks pack all the flavor of classic spanakopita—without the fuss of layering pastry. It's a simple, satisfying vegetarian meal made with wholesome ingredients and ready in no time. Healthy, hearty, and no special ingredients needed!



I like roasting the cauliflower it produces a rich flavorful meatless dinner, your whole family will love!

Like many of my recipes I use my Cuisinart air fryer, toaster oven, to roast the cauliflower, eliminating having to turn on the large wall oven.

This cauliflower-based vegetarian dinner is one you can truly feel good about. Cauliflower is a nutrient-rich superfood, packed with vitamins A and B, and known for its versatility in the kitchen.

In this recipe, I've given it a flavorful twist by pairing it with a tangy spanakopita-inspired filling. You can easily adapt the ingredients to suit your taste or dietary preferences.

It's not just a family favorite—it's also a budget-friendly, crowd-pleasing dish. Just add a fresh salad and some crusty bread, and you have a meal that's special enough for a weekend gathering, yet simple enough for a busy weeknight.

This is a go-to recipe when you want something easy, healthy, and full of flavor—the trifecta of dinner success.



You can double or triple this recipe. It keeps in your refrigerator up to 3 days, and is freezer friendly, for ready make meals.

If you make this Cauliflower Steak dinner, please leave me a comment and don't forget to tag me on Instagram.....**Ingredients**

- 1 head of cauliflower, cut into 4 thick “steak” slices
- 8 oz. bag of fresh spinach
- 1 cup ricotta cheese
- 1 cup feta cheese
- 1 cup parmesan cheese
- 1 cup sharp cheddar cheese (for topping)
- 1 small onion, chopped
- 2 tablespoons chopped garlic

- 1 tablespoon chopped Italian parsley
- 1 tablespoon chopped fresh dill
- 2 tablespoons olive oil
- 2 tablespoons butter
- Salt and pepper to taste

Instructions:

1. **Preheat** your toaster oven to 375°F.
2. Cut the cauliflower into four thick steaks. Rub each slice with olive oil, garlic, salt, and pepper.
3. Place the cauliflower steaks on a baking sheet and roast for about 20 minutes, or until golden brown and tender.
4. In a deep sauté pan, heat the olive oil and butter. Add the chopped onion and garlic and cook until soft and translucent.
5. Add the spinach in batches, stirring until wilted. Season with salt and pepper.
Remove the pan from heat. Stir in the ricotta, feta, and parmesan cheeses, along with the parsley and dill.
6. Spoon the cheesy spinach mixture over each roasted cauliflower steak. Sprinkle the sharp cheddar on top.
7. Return the stuffed steaks to the oven and bake for about 10 more minutes, or until the cheese is melted and bubbly. **Serve warm. Enjoy!!!**

