



Sesame Cauliflower



1/2 of recipe (about 1 1/3 cups): 185 calories, 8g total fat (1g sat. fat), 763mg sodium, 25.5g carbs, 5.5g fiber, 12g sugars, 5g protein

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Prep: 10 minutes **Cook:** 15 minutes



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Ingredients

4 cups cauliflower florets (about 3/4 of a large head)
2 1/2 tbsp. thick teriyaki sauce or marinade
1 tbsp. cornstarch
1 tbsp. seasoned rice vinegar
1 tbsp. sesame oil
1 1/2 tsp. chopped garlic
2 tbsp. chopped scallions
1 1/2 tsp. sesame seeds

Directions

Place 2 tbsp. water in the base of an air fryer. (This will prevent smoking.) Place cauliflower in the air fryer basket. Spray with non-aerosol nonstick spray.

Set air fryer to 400°F. Cook until tender and lightly browned, 10–12 minutes.

Meanwhile, in a small pot, combine teriyaki, cornstarch, vinegar, oil, and garlic. Stir to dissolve. Bring to a boil. Reduce to a simmer. Stirring constantly, cook until thickened, about 1 minute.

Transfer cauliflower to a medium-large bowl, and top with sauce. Toss to coat. Serve topped with scallions and sesame seeds.

MAKES 2 SERVINGS

HG FYI: Not all teriyaki sauces are gluten free, so read labels carefully if that's a concern.

Oven Alternative: Bake at 425°F until tender and lightly browned, 20–25 minutes.

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