

Cauliflower Steak



Ingredients

- 1 large head of cauliflower
- 3 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp paprika
- Salt and black pepper to taste
- Fresh parsley (optional)

Directions

Preheat oven to 425°F (220°C).

Remove outer leaves and trim the stem while keeping the core intact.

Slice cauliflower into 1-inch thick steaks.

Brush both sides with olive oil and season evenly.

Roast for 20–25 minutes, flipping halfway through.

Garnish with parsley and serve warm.

Spinach Pie



Ingredients

- 1 package frozen spinach, thawed and drained
- 1 cup ricotta cheese
- ½ cup feta cheese, crumbled
- 2 eggs
- 1 small onion, finely chopped
- 2 tbsp olive oil
- 1 tsp salt
- ½ tsp black pepper
- 1 pie crust or phyllo dough

Directions

Preheat oven to 375°F (190°C).

Sauté onion in olive oil until soft.

Mix spinach, cheeses, eggs, onion, salt, and pepper.

Place crust in a greased baking dish.

Pour filling into crust and spread evenly.

Bake for 35–40 minutes until golden.

Cool slightly before slicing.