

Roasted Cauliflower with Whipped Sheep's Milk Feta & Toasted Almonds

Roasting transforms cauliflower into something wonderfully sweet and caramelized while preserving its impressive nutritional value. As a member of the cruciferous vegetable family, cauliflower provides fiber, vitamin C, and naturally occurring plant compounds that support overall health. Paired with protein-rich sheep's milk feta, heart-healthy extra virgin olive oil, and crunchy almonds that contribute healthy fats and vitamin E, this simple dish is both deeply satisfying and beautifully nourishing.

INGREDIENTS

1 large head cauliflower, cut into florets
2 tablespoons extra virgin olive oil
Salt

Fresh ground pepper

FOR WHIPPED FETA

8 ounces sheep's milk feta

¼ cup plain Greek yogurt

1 tablespoon fresh lemon juice

1 tablespoon fresh picked thyme

FINISH

⅓ cup sliced almonds, toasted

SERVES

8

TIME

30 MIN

SPECIAL EQUIPMENT

Baking sheet with parchment

STORAGE

Store in fridge in an airtight container for 2-3 days

METHOD

1. Preheat the oven to 425°F.
2. Toss the cauliflower with olive oil, salt, and pepper. Spread onto a baking sheet and roast for 25–30 minutes, stirring once, until golden brown and tender.
3. While the cauliflower roasts, blend the feta, yogurt, and lemon juice in a food processor until smooth and creamy.
4. Spread the whipped feta onto a serving platter. Top with the warm roasted cauliflower and finish with the toasted almonds.