

LUNCH OR DINNER — SIDE DISH

Roasted Cauliflower with Coffee Steak Rub

Makes 4 servings · about 1 cup each

SATIETY SCORE	NUTRITION
3 / 5	MEDIUM
Per serving (approx.): Protein 3 g · Fiber 3 g · Calories 130	

Ingredients

- Cauliflower
- Red onion, chopped
- Dates, finely chopped
- Balsamic vinegar
- Maple syrup
- Olive oil
- Coffee Steak Rub spice blend

Directions

1. Cut the cauliflower, red onion, and dates and place on a baking pan.
2. Drizzle with balsamic vinegar, maple syrup, olive oil, and Coffee Steak Rub.
3. Bake at 375°F until the desired tenderness is reached.

Note: The coffee rub, dates, and maple add some sugar, so nutrition is Medium. Rating is an estimate — the original lists ingredients without amounts.

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

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Check off what you need — items are grouped by store section.

PRODUCE

- ☐ Cauliflower
- ☐ Red onion

PANTRY & DRY GOODS

- ☐ Dates

CHECK YOUR PANTRY

- ☐ Balsamic vinegar
- ☐ Pure maple syrup
- ☐ Olive oil
- ☐ Coffee steak rub