

Mediterranean Roasted Cauliflower Bowl with Tahini Drizzle

A vibrant low-glycemic salad featuring roasted cauliflower and chickpeas with creamy tahini dressing—perfect for stable blood sugar and lasting energy.

Prep: 20 min

Cook: 25 min

Total: 45 min

Servings: 4

GL 11.8 / GI 28

Ingredients

Low GI vegetable, excellent for blood sugar control medium head of cauliflower, cut into small florets

Moderate GI (28-35), high in protein and fiber canned chickpeas, rinsed and drained

Healthy fat, slows glucose absorption extra virgin olive oil

fine sea salt

May improve insulin sensitivity ground cumin

garlic powder

onion powder

smoked paprika

freshly-cracked black pepper

Very low GI, eat first for best blood sugar response fresh arugula

Healthy fats slow carbohydrate absorption large ripe avocado, thinly sliced

small red onion, thinly sliced

Protein and healthy fats for satiety toasted pine nuts

Sesame paste, low GI, high in protein tahini

Acid helps lower glycemic response freshly-squeezed lemon juice

garlic clove, pressed or minced

warm water for dressing

Instructions

Step 1

Preheat your oven to 425°F (220°C) and prepare a large rimmed baking sheet by lightly coating it with cooking spray or lining it with parchment paper for easy cleanup.

Step 2

Place the cauliflower florets and drained chickpeas in a large mixing bowl. Drizzle with olive oil, then add the sea salt, cumin, garlic powder, onion powder, smoked paprika, and black pepper. Toss everything together thoroughly until the vegetables are evenly coated with oil and spices.

Step 3

Spread the seasoned cauliflower and chickpeas in a single layer across the prepared baking sheet, ensuring they're not overcrowded. Roast in the preheated oven for 25-30 minutes, stirring once at the halfway point, until the cauliflower develops golden-brown edges and becomes fork-tender.

Step 4

While the vegetables roast, prepare the tahini dressing. In a small bowl or mason jar, combine the tahini, lemon juice, cumin, and minced garlic. Add 2 tablespoons of warm water and whisk vigorously until smooth and creamy. Gradually add more warm water, one tablespoon at a time, until you achieve a pourable consistency. Season with salt and pepper to taste.

Step 5

Remove the roasted vegetables from the oven and let them cool slightly on the baking sheet for 3-4 minutes. This brief resting period allows the flavors to settle and makes them easier to handle.

Step 6

Arrange the fresh arugula on a large serving platter or divide among four individual bowls. Top with the sliced avocado, thinly sliced red onion, and toasted pine nuts, distributing them evenly.

Step 7

Add the warm roasted cauliflower and chickpeas over the arugula mixture. Drizzle generously with the tahini dressing, or serve the dressing on the side for individual preference. Garnish with extra lemon wedges for squeezing over the top. For optimal blood sugar control, eat the greens and vegetables first, followed by the chickpeas and cauliflower. Serve immediately while the roasted vegetables are still warm.