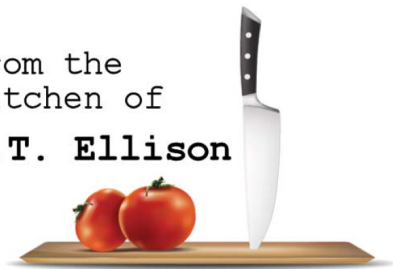


From the  
kitchen of  
**J.T. Ellison**



## Ingredients

### ***For the roasted vegetables:***

- ✓ 1 head of cauliflower
- ✓ 10 Brussels sprouts, sliced
- ✓ Olive oil
- ✓ Salt and pepper to taste

### ***For the sauce:***

- ✓ 1 (7-ounce) can tuna packed in olive oil, drained
- ✓ 5 anchovies packed in olive oil, drained
- ✓ 2 tablespoons capers, drained
- ✓ 3 tablespoons lemon juice
- ✓ ½ cup extra virgin olive oil
- ✓ ½ cup mayonnaise
- ✓ Kosher salt
- ✓ Freshly ground black pepper

# Roasted Cauliflower And Brussels Sprouts in a Creamy Tonnato Sauce

(serves 4)

There's a restaurant here in Nashville called Bistro 360 that serves a truly divine, inspired dish: charred, roasted cauliflower and Brussel sprouts atop a creamy tonnato sauce. What is tonnato? Think tuna, capers, and anchovies in a mayo base. I know, I know, it sounds rather awful to many of you, but trust me when I say, it is an incredible accompaniment to the roasted veggies. It's also a quick and easy way to break free of the ranch dressing veggie dip served at pretty much every party. Recipes vary the number of anchovies, so I'd do that to taste, but as for the rest? It's that fun flavor you've been missing. I found this great recipe on Nom Nom Paleo... adjust to taste!

## Directions

1. Lay freshly washed vegetables on a baking pan.
2. Spray with olive oil and liberally salt and pepper, making sure to mix the vegetables well.
3. Roast for 45 minutes at 425 degrees.
4. While the vegetables are roasting, start the sauce. Drain a can or jar of your favorite tuna. Add it to the blender.
5. Add the capers, anchovies, and lemon juice.
6. Add the olive oil and mayonnaise.
7. Cover the blender and mix the ingredients until a thick, creamy sauce forms. Taste for seasoning and adjust with additional salt, pepper, or lemon juice as needed.
8. Put three tablespoons of tonnato on a plate, then dress the Brussels sprouts and cauliflower. Enjoy!

As seen in J.T. Ellison's newsletter. For more recipes, visit [JTEllison.com/Recipes](http://JTEllison.com/Recipes). Want a wine to go with your recipe? Check out J.T.'s wine blog at [TheWineVixen.com](http://TheWineVixen.com).