Cauliflower Tacos

Serves: 3
Prep: 10 minutes | Cook: 45 minutes

INGREDIENTS
- 1 head cauliflower, cut into small pieces
- 2 cloves garlic, unpeeled*
- 2 teaspoons cooking oil
- 1 teaspoon paprika or smoked paprika
- 1/2 teaspoon cayenne pepper
- Salt and pepper, to taste
- 6 8-inch tortillas, whole wheat if possible
- 1/4 cup low-fat cheese, shredded
- 1/2 cup salsa or sauce of choice

DIRECTIONS
1. Preheat oven to 400°F.
2. In a medium-sized roasting pan, arrange the cauliflower pieces and the unpeeled cloves of garlic. Pour the olive oil over the cauliflower and sprinkle with spices. Thoroughly mix to coat the cauliflower.
3. Bake for 45 minutes to 1 hour. Squeeze the roasted garlic over cauliflower and throw away skins.
4. Warm tortillas in microwave or in the oven.
5. Fill tortillas with cauliflower filling. Sprinkle with grated cheese and add salsa or sauce of your choice. Serve hot with your favorite taco toppings.

*Nutrition Information
Serving Size: 2 tacos with mozzarella cheese
Calories 384
Total fat 10 g
Saturated fat 4 g
Cholesterol 6 mg
Sodium 490 mg
Carbohydrates 59 g
Fiber 12 g
Sugars 11 g
Protein 16 g

Recipe source: Good and Cheap via Eat Fresh

*Substitutions
2 cloves garlic → 1/4 teaspoon garlic powder

Notes:
- If substituting garlic powder for fresh garlic, add it in Step 2 with other spices.