

Cauliflower Tacos



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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.

*Substitutions

2 cloves garlic	→	1/4 teaspoon garlic powder
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Notes:

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



Nutrition Information	
<i>Serving Size: 2 tacos with mozzarella cheese</i>	
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