

Roasted Cauliflower Tacos



Ingredients

- 1 head of cauliflower, broken into florets
- 1 tablespoon of vegetable oil
- 1 teaspoon Taco Seasoning (See Separate recipe card)
- 1 teaspoon paprika
- ½ teaspoon cumin
- 4, 6-inch corn Tortilla shells
- 4 oz Iceberg lettuce, shredded

Reminder: Canned and/or frozen foods such as beans, vegetables or fruit should be void of added animal fats (e.g. lard), sodium, potassium, phosphorus, or sugar.

Estimated Time: 55 mins

Nutrition Per Serving

4 Servings (1 taco per serving)

Calories	133
Protein	4.8g
Total Carbohydrates	21g
Net	15.7g
Sugar	3.5g
Fiber	5.5g
Total Fat	4.6g
Saturated Fat	0.8g
Polyunsaturated Fat	2.6g
Monounsaturated Fat	0.9g
Trans Fat	0g
Cholesterol	0mg
Minerals	
Sodium	72mg
Potassium	547mg
Phosphorus	161mg
Calcium	63.1mg

Directions

1. Preheat the oven to 350 °F.
2. In a large Ziplock bag, combine the cauliflower florets and vegetable oil. Seal the bag and shake until the oil covers the cauliflower pieces.
3. In a small jar, mix the taco seasoning, paprika and cumin together.
4. Pour the spice mix into the Ziplock bag and shake until the seasoning covers the cauliflower.
5. Spread a layer of cauliflower florets on a baking sheet to prep for the oven.
6. Roast the cauliflower for 35-45 min. in the oven. (Note: The edges of the cauliflower will brown, and the cauliflower florets will be tender).
7. To assemble the tacos: Place 4 corn tortilla shells on a plate, add several pieces of roasted cauliflower (about 2 oz) and shredded lettuce (about 1 oz) to each taco before serving.

Disclaimer: Please be advised that some of these foods may contain wheat/gluten, milk, eggs, peanuts, tree nuts, fish, shellfish, soy or other foods that may cause allergic reactions in some people. Please contact your healthcare provider if you are concerned about food allergies or other food-related reactions such as food sensitivities.

Recipe provided by
Chef Duane