

# ROASTED CAULIFLOWER TACOS

## INGREDIENTS

- 1 head cauliflower, cut into small florets
- 1 pint cherry or grape tomatoes
- 2 poblano peppers, cut crosswise into 1/2-inch thick strips
- 3 cloves garlic, smashed
- 3 tablespoons extra virgin olive oil
- 1 teaspoon chili powder
- 1/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1 cup canned pinto beans, drained, rinsed and warmed
- 8 corn tortillas
- 4 slices avocado
- 8 fresh cilantro sprigs
- Hot sauce, for serving (optional)



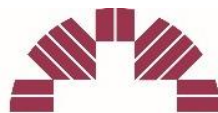
## DIRECTIONS

1. Heat the oven to 425°F.
2. On a rimmed sheet pan, combine the cauliflower, tomatoes, garlic and poblanos. Drizzle with the oil and sprinkle with the chili powder, salt and pepper. Toss together and spread into a single layer. Roast until golden brown and tender, 30 to 35 minutes.
3. To heat the beans, either add rinsed beans to a small skillet and heat through on the stove top, or add to the sheet pan with the veggies with about 5-7 minutes left of cooking.
4. To heat the tortillas, using tongs, hold a tortilla over the flame of your stove. Flip so both sides are slightly charred but still pliable. Repeat with all of the tortillas and keep them warm in towel. Alternatively, lightly oil a skillet and add tortilla until they start to brown on each side.
5. Fill the tortillas with the cauliflower mixture and the beans. Top with avocado, cilantro and hot sauce, if desired.

## NUTRITION FACTS

**YIELD:** 4 servings; Per serving – 354 calories; 17g total fat; 2g saturated fat; 10g protein; 46g carbohydrate; 14g dietary fiber; 7g sugar; 149 mg sodium.

**SOURCE:** Adapted from Sara Quessenberry for Cleveland clinic Wellness



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