

Roasted Walnut + Cauliflower Tacos

THIS RECIPE WAS ADAPTED FROM CALIFORNIA WALNUTS



MAKES: 4 SERVINGS (2 TACOS EACH)
PREPARATION TIME: 60 MINUTES

INGREDIENTS – FILLING:

- 4 CUPS CAULIFLOWER FLORETS, CHOPPED
- 1 TBSP. OLIVE OIL, DIVIDED
- 3/4 CUP CALIFORNIA WALNUTS, CHOPPED
- 1/2 CUP ONION, MINCED
- 1 TSP. GARLIC, MINCED
- 1/2 MEDIUM JALAPEÑO, SEEDED, MINCED
- 1/4 CUP WATER
- 2 TBSP. TOMATO PASTE WITHOUT SALT ADDED
- 1 1/4 TSP. CHILI POWDER
- 3/4 TSP. CUMIN, GROUND
- 3/4 TSP. OREGANO, DRIED
- 1/4 TSP. SALT, OR TO TASTE

INGREDIENTS – TACOS:

- 8 SMALL CORN TORTILLAS, WARMED
- 3/4 CUPS CABBAGE, SHREDDED
- 1/3 CUP COTIJA CHEESE, CRUMBLED
- CILANTRO LEAVES, FRESH (OPTIONAL)
- LIME WEDGES (OPTIONAL)

INSTRUCTIONS:

1. PREHEAT OVEN TO 475F.
2. COAT CAULIFLOWER WITH 1/2 TABLESPOON OLIVE OIL, PLACE ON A BAKING SHEET AND ROAST FOR 25-30 MINUTES OR UNTIL LIGHTLY BROWNED.
3. REDUCE OVEN TEMPERATURE TO 350F AND TOAST WALNUTS FOR 5 MINUTES OR UNTIL LIGHTLY BROWNED.
4. ADD THE WALNUTS TO THE PAN WITH THE CAULIFLOWER. OPTIONAL: CAULIFLOWER AND WALNUT MIXTURE MAY BE PULSED IN A FOOD PROCESSOR TO RESEMBLE THE TEXTURE OF GROUND MEAT.
5. HEAT REMAINING OLIVE OIL IN A LARGE SKILLET OVER MEDIUM-HIGH HEAT. ADD ONION AND SAUTÉ FOR 5 MINUTES OR UNTIL LIGHTLY BROWNED.
6. ADD GARLIC AND JALAPEÑO AND COOK FOR 2 MINUTES MORE.
7. ADD CHILI POWDER, CUMIN, OREGANO AND SALT. TOAST SPICES TO RELEASE OILS. ABOUT 1-2 MINUTES.
8. STIR IN WATER, TOMATO PASTE, COOK UNTIL MIXTURE IS THICK AND EXCESS WATER HAS COOKED OFF.
9. STIR IN CAULIFLOWER MIXTURE AND HEAT THROUGH.
10. SPOON CAULIFLOWER MIXTURE INTO TORTILLAS AND TOP WITH CABBAGE, CHEESE AND CILANTRO.
11. GARNISH WITH LIME WEDGES.

QUICK TIPS:

- TO INCREASE THE PROTEIN AND CALCIUM, ADD IN YOUR FAVORITE BEAN, SUCH AS BLACK BEANS, KIDNEY BEANS, OR WHITE BEANS.
- NONFAT GREEK YOGURT IS AN EXCELLENT SOURCE OF CALCIUM AND PROTEIN TO USE IN PLACE OF SOUR CREAM. COOKING FOR TWO, SIMPLY CUT THE RECIPE IN HALF.

NUTRITION PER SERVING:

- 363 CALORIES
- 15 MG CHOLESTEROL
- 23 G FAT, 5 G SATURATED FAT
- 451 MG SODIUM
- 33 G CARBOHYDRATE
- 7 G FIBER
- 11 G PROTEIN
- 207 MG CALCIUM