

Cauliflower Tacos

FRESH | HEALTHY | EASY

BEFORE THE CLASS STARTS

- Preheat oven to 425 degrees.
- Gather all ingredients (no need to pre-measure) + cooking utensils and place them within reach.
- Rinse/clean all produce.

8

INGREDIENTS
OR LESS



INGREDIENTS (MAKES 6 TACOS)

8 INGREDIENT ESSENTIALS

- 1 large head of cauliflower
- 1 bunch of cilantro
- 1 Tbsp lime juice or 1 lime
- 1 tsp garlic, minced
- 2/3 cup plain Greek yogurt (5 oz container)
- 1/4 head red cabbage
- 1 ripe avocado
- 6 soft corn tortillas (or tortillas of your choice)

SPICE CABINET

- 3 Tbsp olive oil
- 1 tsp cumin
- 1/2 tsp chili powder
- 1/4 tsp garlic powder
- 1 1/4 tsp salt
- 1/4 tsp pepper
- 1/8 tsp cayenne pepper (optional)



UTENSILS + SUPPLIES

- Cutting board
- Butter knife
- Large knife
- Large mixing bowl
- Large spoon
- Baking sheet
- Spatula
- Fork or whisk
- Small mixing bowl
- Measuring cups
- Measuring spoons
- Parchment paper (optional)
- Hand towel
- Oven mitts



Instructions:

1. **Preheat** oven to **425** degrees. Line baking sheet with parchment paper.
2. **Stir** together **cumin, chili powder, garlic powder, salt, black pepper,** and **cayenne pepper** in a small bowl.
3. **Cut cauliflower** into bite-sized florets.
4. Add **cauliflower** florets and **oil** to a **large bowl**. **Toss** until cauliflower is well coated.
5. **Sprinkle seasoning** mix over **cauliflower**. **Toss** to combine.
6. **Add cauliflower** to lined baking sheet and spread in a single layer.
7. **Bake** cauliflower in preheated oven for **25-30 minutes**, or **until crisp** and tender.
8. While cauliflower is roasting, **chop cilantro** and **cabbage**. **Slice avocado**.
9. **Stir** together **Greek yogurt, lime juice, garlic, salt,** and **cilantro** to taste.
10. **Fill tortillas** with cooked **cauliflower**. **Top** with chopped **cabbage, sliced avocado, cilantro lime cream sauce,** and additional chopped **cilantro** to taste. Enjoy!

