



# ROASTED WALNUT AND CAULIFLOWER TACOS



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## INGREDIENTS

### FILLING

- 1 Cauliflower head, small
- 1 C California walnut pieces, chopped
- 2 Tbsp Olive oil, divided
- ¾ C Onion, minced
- 2 tsp Garlic, minced
- 1 Jalapeño, medium, seeded, minced
- ½ C Water
- ¼ C Tomato paste
- 2 tsp Chili powder
- 1 tsp Cumin, ground
- 1 tsp Oregano, dried
- Salt to taste

### TACOS

- 12 Tortillas, small, warmed
- 1½ C Green cabbage, shredded
- ¾ C Cotija cheese, crumbled
- ½ C California walnuts, chopped, toasted
- Cilantro leaves, fresh
- Lime wedges

**PREPARATION:** 30 minutes **COOK:** 40 minutes **TOTAL TIME:** 70 minutes **SERVINGS:** 6

## DIRECTIONS

1. Preheat oven to 475°F. Coat cauliflower with 1 tablespoon olive oil and place on a baking sheet. Roast for 25 to 30 minutes or until lightly browned.
2. After cauliflower is done, reduce oven temperature to 350°F and toast walnuts for 5 minutes or until lightly browned. Add to pan with cauliflower.
3. Heat remaining olive oil in a large skillet over medium-high heat. Add onion and sauté for 5 minutes or until lightly browned. Add garlic and jalapeño and cook 2 minutes more. Stir in water, tomato paste, chili powder, cumin, oregano and salt. Cook until mixture is thick and excess water has evaporated. Stir in cauliflower mixture.
4. Spoon mixture into warmed tortillas and top with cabbage, cheese, walnuts and cilantro. Serve with lime wedges.
5. Optional: Cauliflower mixture may be ground in a food processor to resemble the texture of ground meat.

**Nutrition Information Per Serving:** 437 calories, 30g total fat, 0g saturated fat, 15mg cholesterol, 515mg sodium, 37g carbohydrates, 7g dietary fiber, 12g protein



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