

Roasted Cauliflower and Black Bean Tacos

Ingredients:

- 4 cups cauliflower florets
- 1 (15-ounce) can black beans, rinsed and drained
- 1 tbsp olive oil
- 1 tsp paprika
- 1 tsp garlic powder
- ½ tsp ground cumin
- ⅛ tsp salt
- 8 small corn or whole-wheat tortillas
- 1 avocado, sliced or smashed



Directions:

1. Preheat oven to 425 F
2. Toss cauliflower with oil and spices.
3. Roast cauliflower on a lined baking sheet at 425 F for 25 minutes. Let cool 5 minutes on sheet.
4. Warm the black beans, with half of the reserved can liquid in a small saucepan. Turn the heat to medium low and warm for 5-10 minutes, stirring and smashing the beans.
5. Heat the tortillas in a dry skillet or microwave until soft.
6. To serve, place a layer of smashed black beans in a tortilla, top with roasted cauliflower, and avocado, and your desired toppings.

Nutrition Highlights: Cauliflower contributes fiber and vitamin C. Black beans add plant-based protein, fiber, iron, and folate.



Nutrition Facts	
4 servings per container	
Serving size	2 Tacos (301g)
Amount per serving	
Calories	310
% Daily Value*	
Total Fat 13g	17%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 42g	15%
Dietary Fiber 11g	39%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 70mg	6%
Iron 2.4mg	15%
Potassium 790mg	15%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	