



CAULIFLOWER BLACK BEAN TACOS

ingredients:

- 1 Tablespoon chili powder
- 1 1/2 teaspoons paprika
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1/4 teaspoon cayenne pepper
- 1 teaspoon cumin
- 1/4 teaspoon salt
- 1 Tablespoon fresh lime juice
- 1 Tablespoon olive oil
- 1 Tablespoon water
- 1 (15 oz.) can black beans, drained and rinsed
- 1 large head cauliflower, washed and cut into bite-size florets

- 1/2 yellow onion, chopped
- 8 6-inch whole-wheat flour tortillas
- 1 cup finely chopped red cabbage

For the Lime Crema:

- 1 cup plain non-fat Greek yogurt
- 1 tablespoon fresh lime juice
- Zest of one lime
- 2 Tablespoons finely chopped cilantro
- 1/8 teaspoon salt
- 1/8 teaspoon pepper

Yield: 8 servings

Nutrition Information Per Serving:

- 193 Calories
- 4 grams Fat
- 1.5 grams Saturated Fat
- < 1 mg Cholesterol
- 497 mg Sodium
- 33 grams Carbohydrates
- 8 grams Fiber
- 11 grams Protein

Food exchanges:

- 1 1/2 starch, 2 vegetable,
- 1 protein

directions:

1. Preheat oven to 400° F.
2. In a large bowl, whisk together chili powder, paprika, onion powder, garlic powder, cayenne pepper, cumin, salt, lime juice, olive oil, and water. Stir in black beans, cauliflower florets and onions.
3. Place seasoned black beans, cauliflower and onions on a greased baking sheet. Roast for 30 to 35 minutes, stirring occasionally during cooking, until cauliflower is tender. Remove from oven and set aside.
4. To make the lime crema, place the Greek yogurt in a small bowl. Stir in fresh lime juice, lime zest, cilantro, salt and pepper.
5. To assemble tacos, fill each tortilla with 1/8 of the roasted cauliflower, black beans and onions, and top with red cabbage. Drizzle one Tablespoon of lime crema over each taco and serve.



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