

Vegetarian Cauliflower Tacos

Prep Time: 20 minutes

Cook Time: 15 minutes

Serves: 6

Ingredients:

- 1 head cauliflower, trimmed
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 red bell pepper, diced
- 1 cup shredded lettuce
- 1 avocado, diced
- ½ cup no salt added vegetable broth or water
- 1 tbsp olive oil
- 1 cup grated extra firm tofu
- 1 tbsp chili powder
- 1 tsp dried oregano
- 1 tsp ground cumin
- ¼ tsp cayenne
- ¾ cup of low-sodium salsa
- 8 small whole wheat flour tortillas (use corn tortillas for a gluten-free option)
- Plain Greek yogurt (optional topping!)



Directions

1. Rinse and wash cauliflower, bell pepper, lettuce, and avocado before prepping the ingredients.
2. Cut cauliflower into smaller bite-size pieces, removing the tough inner stem—place in a large skillet. Add broth and bring to a simmer. Cover and cook for 5 minutes until tender. Uncover and pour into a bowl.
3. Return the skillet to medium heat and add olive oil. Add garlic and onion; cook and stir for 2 minutes. Add grated tofu, red pepper, chili powder, oregano, cumin, and cayenne pepper and cook for two more minutes.
4. Increase heat to medium-high and return cauliflower to skillet. Cook, stirring, for 5 minutes or until cauliflower starts to brown. Mix in salsa and cook for two more minutes until heated through.
5. Spoon mixture into whole wheat tortillas and top with shredded lettuce, avocado and Greek yogurt.



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Nutritional Information (per two tacos)

- Calories: 280
- Protein: 11g
- Sodium: 350mg
- Total Fat: 16g
- Carbohydrates: 31g
 - Fiber: 7g
 - Sugar: 6g

Recipe adapted from Heart and Stroke Foundation Canada.

Written by Riley Walker, Health Promotion Coordinator.



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