



From the Kitchen of Executive Chef Jessica VanRoo

Black Bean and Roasted Cauliflower Tacos

Serves 6-8

Description from Live Well UCI Health Blog: www.ucihealth.org/blog

This recipe combines two heart-healthy meat alternatives: black beans and cauliflower.

Roasted cauliflower is loaded with anti-inflammatory properties and is high in fiber, vitamins and minerals.

Black beans also help reduce inflammation. They, too, are low in fat while being high in fiber and flavor.

Total cost of recipe: \$9.53/\$1.19 a serving

Roasted Cauliflower

- 1 large head cauliflower, cut into bite-size pieces (about 2 pounds)
- 3 cloves garlic, minced
- 2 tablespoons extra virgin olive oil
- 1 teaspoon ground cumin
- ½ teaspoon kosher salt
- ½ teaspoon smoked paprika
- 1 teaspoon black pepper
- ½ teaspoon turmeric
- 16 corn tortillas

Black Beans

- 1 tablespoon extra virgin olive oil
- 1 small yellow onion
- 2 15-ounce cans black beans, drained and rinsed
- ½ teaspoon chili powder
- ½ teaspoon cumin
- Salt and pepper to taste
- Water as needed



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Yogurt Sauce

- 1 small garlic clove, minced
- ¾ cups Greek yogurt
- 3 tablespoons cilantro, chopped
- 3 tablespoons lime juice
- 1 pinch salt
- ½ teaspoon ground cumin

Optional Toppings

- Chopped fresh cilantro
- Lime wedges
- Toasted pepitas
- Diced onions
- Shredded lettuce

Instructions

1. Preheat oven to 425 degrees.
2. Toss cauliflower with garlic, olive oil, cumin, salt, paprika, pepper and turmeric until combined. Roast on a baking sheet lined with foil or parchment paper. Roast for 20-25 minutes, tossing halfway through.
3. To make the beans, heat oil in a small pot. Add onions and sauté until onions turn translucent (about 5 minutes). Add beans, chili powder, cumin and, if needed, water. Bring to a boil, then reduce heat to low and cook for 10 minutes. Season to taste.
4. For the yogurt sauce, combine all the ingredients in a small bowl and stir well. Taste and adjust seasonings to taste.
5. To assemble the tacos, fill a tortilla with cauliflower, black beans and desired toppings. Drizzle with yogurt sauce and serve.