

Cauliflower Tacos with Mango Red Pepper Salsa

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

Ingredients:

CAULIFLOWER TACOS

- 1 head cauliflower, chopped into bite size pieces
- 1 tsp paprika
- Optional: 1/4 tsp cayenne powder
- 2 tbsp extra virgin olive oil
- 1/2 tsp sea salt
- 4 Silver Hills Organic Spinach Sprouted Tortillas

SALSA

- 1 mango, chopped
- 1 sweet red pepper, chopped
- 1/4 cup tightly packed chopped cilantro
- 1 garlic clove, finely chopped
- Juice from 1 lime
- 1 tbsp extra-virgin olive oil
- 1/2 tsp sea salt

AVOCADO SAUCE

- 2 ripe avocados, pit removed
- 1/4 cup tightly packed chopped cilantro
- Juice from 2 limes
- 2 tbsp extra-virgin olive oil
- 1-2 tbsp water as needed

Instructions:

1. Preheat oven to 350F (180C). Line a baking sheet with parchment paper.
2. Place chopped cauliflower into a large bowl and drizzle with extra-virgin olive oil. Sprinkle with cayenne, paprika and sea salt.
3. Evenly spread cauliflower on baking sheet. Bake for 20-25 minutes. Be careful the cauliflower doesn't burn.
4. For the salsa, in a small bowl combine all the ingredients and mix together. Set aside.
5. In a small food processor or blender combine the avocado sauce ingredients. Blend until creamy. Give a taste test, add more liquid as needed for a thinner consistency.
6. Once roasted cauliflower is done, you're ready to assemble your tacos!
7. Spread a layer of avocado sauce on each tortilla. Followed by 4 to 4 cauliflower florets and topped with mango pepper salsa. Drizzle a little more avocado sauce on top if you like. Enjoy!

Notes:

Make 4 tacos.