

CAULIFLOWER TACOS^o



SERVES: 3 (approx. ⅓ cup each) **Prep Time: 10 min. Cooking Time: 7 min.**

CONTAINER EQUIVALENTS (per serving): 1 1

VEGAN CONTAINER EQUIVALENTS (per serving): 1 1



3 cups **riced cauliflower**
2 tsp. **chili powder**
¾ tsp. **ground cumin**
½ tsp. **onion powder**
½ tsp. **garlic powder**
½ tsp. **ground smoked paprika**
½ tsp. **ground coriander**
½ tsp. **sea salt (or Himalayan salt)**
½ tsp. **ground black pepper**
1 Tbsp. **olive oil**

1. Combine cauliflower, chili powder, cumin, onion powder, garlic powder, paprika, coriander, salt, and pepper in a large mixing bowl; mix until thoroughly combined. Set aside.
2. Heat oil in large skillet over medium-high heat until fragrant.
3. Add cauliflower mixture, making sure not to fill the skillet too full as this will impede browning. If your skillet is not large enough, work in batches; cook, stirring frequently, for 5 to 7 minutes, or until cauliflower is lightly browned and cooked through.

RECIPE NOTE:

Cauliflower taco filling can be served in lettuce cups or on corn tortillas with your favorite toppings, such as chopped tomato, chopped onion, chopped bell pepper, cilantro, and/or lime juice. Just remember to account for the correct containers.

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): **Calories: 71 Total Fat: 5 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 473 mg Carbohydrates: 6 g Fiber: 3 g Sugars: 2 g Protein: 3 g**

Recipes containing the are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the are designed to be Paleo-Friendly and contain no grains or legumes, and only paleo-appropriate starchy vegetables and dairy. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the are designed to be Vegan and contain no animal products. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.