

# Plant-Based Taco



Get as creative as you want! Add as many veggies as you like. Experiment with Mexican seasonings or make this into a taco salad instead of using it as a tortilla shell. Have fun with it and know you are eating healthy!

**Prep:** 10 mins

**Cook:** 5 mins

**Total:** 15 mins

**Servings:** 1

**Yield:** 1 serving



## Ingredients

½ cup cauliflower florets

1 tablespoon water

1 tablespoon extra-virgin olive oil

½ cup canned black beans, rinsed

¼ cup canned corn, rinsed

¼ cup onion, chopped

¼ teaspoon onion powder

¼ teaspoon garlic powder

¼ teaspoon Cajun seasoning

¼ teaspoon paprika

¼ teaspoon ground cumin

1 large whole wheat tortilla

## Toppings:

1 tablespoon taco sauce

1 tablespoon ground flaxseed meal

1 tablespoon nutritional yeast

½ tomato, diced

1 cup shredded dark leafy greens

## Directions

### Step 1

Place cauliflower in a microwave-safe bowl and add 1 tablespoon water. Cook in the microwave on high power to desired tenderness, about 2 minutes.

### Step 2

Heat olive oil in a pot over medium heat. Add beans, corn, and onion. Cook and stir to desired tenderness, about 3 minutes. Mix in onion powder, garlic powder, Cajun seasoning, paprika, and cumin. Remove from heat.

### Step 3

Stir taco sauce, flaxseed meal, nutritional yeast, and tomato into the pot with the bean mixture. Fill tortilla with filling and add cooked cauliflower. Top with leafy greens.

## Cook's Notes:

You can use chickpeas in place of black beans.

## Tips

You can use frozen cauliflower in place of fresh, just follow package directions for cooking. You can use frozen corn in place of canned; again, follow package directions for cooking.

## Tips

Use any leafy greens you like, such as green leaf lettuce, kale, or bok choy.

## Nutrition Facts

### Per Serving:

635 calories; protein 26.4g; carbohydrates 112.6g; fat 19.6g; sodium 1396mg.