



Roasted Walnut and Cauliflower Tacos



Total Time
1 Hr, 10 Mins

Serves
6

Meal
Dinner Lunch



DESCRIPTION

Seasoned cauliflower acts as a convincing meat substitute in these tacos, appealing to both vegetarians and meat-lovers alike.

INGREDIENTS

FILLING

1 head cauliflower, small, chopped
1 cup California walnut pieces, chopped
2 tablespoons olive oil, divided
¾ cup onion, minced
2 teaspoons garlic, minced
1 jalapeno, medium, seeded, minced
½ cup water
¼ cup tomato paste
2 teaspoons chili powder

1 teaspoon cumin, ground
1 teaspoon oregano, dried
½ teaspoon salt, or to taste

TACOS

12 tortillas, corn, small, warmed
1 ½ cups green cabbage, shredded
¼ cup Cotija cheese, crumbled
½ cup California walnuts, chopped, toasted
Cilantro leaves, fresh
Lime wedges

PREPARATION

1. Preheat oven to 475°F. Coat cauliflower with 1 tbsp. olive oil; place on a baking sheet and roast for 25 to 30 minutes or until lightly browned.
2. Reduce oven temperature to 350°F and toast walnuts for 5 minutes or until lightly browned. Add to pan with cauliflower.
3. Heat remaining olive oil in a large skillet over medium-high heat. Add onion and sauté for 5 minutes or until lightly browned. Add garlic and jalapeno cook for 2 minutes more. Stir in water, tomato paste, chili powder, cumin, oregano and salt; cook until mixture is thick and excess water has cooked off. Stir in cauliflower mixture.
4. Spoon mixture into warmed tortillas and top with cabbage, cheese, walnuts and cilantro. Serve with lime wedges.

Optional: Cauliflower mixture may be ground in a food processor so that it resembles the texture of ground meat.

NUTRITION

Calories: 437 cal

Total Fat: 30 g

Polyunsaturated Fat: 16 g

Cholesterol: 15 mg

Sodium: 515 mg

Carbohydrates: 37 g

Dietary Fiber: 7 g

Protein: 12 g

©2021 California Walnuts. All Rights Reserved.