

Roasted Cauliflower Tacos...with Lime- Tyler Mulholland-Gain

Here we have a strange but satisfying concoction discovered by a certain individual far too unwilling to brave the meat section in the ever-crowded, socially non-compliant grocery store. This combination is a simple mix of spices coated onto roasted cauliflower that creates a taste that's not too far off from an actual taco. Below I'll tell you how to achieve it in 10 easy steps.

This recipe will yield 4 – 6 servings - Perfect for social gatherings, or coping with the grief of not being able to have social gatherings, so you just wind up tearfully eating 4 – 6 tacos singlehandedly.



Here's what ya need:

Cookware:

- Two medium-sized bowls
- One pot for boiling
- A baking sheet that evenly fits all the Cauliflower
- A frying pan for *style*
- Measuring spoons and a measuring cup, unless you're a crazy person who guesstimates

Produce:

- 1 large head of Cauliflower to serve as your 'meat'
- 1 head of Red Cabbage for pickling
- 1 - 2 Avocados for the sauce
- 1 fresh Lime for *extravagance!*
- About ½ cup of Greek Yogurt also for the sauce.
- A bunch of soft-shell Tortillas. Medium-sized works.

Spices for the Cauliflower:

- 2 tablespoons of Olive Oil
- 2 teaspoons of Chili Powder
- 1 teaspoon of Ground Cumin
- ½ teaspoon of Unsalted Garlic Powder (I go for one full teaspoon because I'm a lunatic)
- 1 teaspoon of Salt
- ½ teaspoon of Black Pepper

Ingredients for the Pickled Cabbage:

- 1 cuppa Distilled White Vinegar
- 1 cuppa Water
- 1 tablespoon of Sugar
- 1 teaspoon of Salt

Directions: *Now for the main event!!!*

Step 1: Set your oven to bake at 425° - While the oven is heating up, throw your cooking sheet in there so it heats up.

Step 2: Pour the 'Ingredients for the Pickled Cabbage' into your pot. See above for measurements. Give the contents a mix and make sure no sugar sticks to the bottom of the pot. Cook until it boils.

Step 3: While you're waiting for the spices to boil, core and shred your Red Cabbage and dump it into bowl #1. Don't overflow it, you'll be pouring the boiling spices into here.

Step 4: Next, cut up your Cauliflower and I usually dice the trees into halves. Dump into bowl #2.

Step 5: The spices should be boiling by now, so pour the contents of the pot into the bowl of cabbage and stir it around some. Set it aside and **let this stew on the counter for 20 minutes.**

Step 6: Add the 'Spices for the Cauliflower' to your bowl of Cauliflower now. See above for the measurements. Mix it them up real good with your hands until they have a satisfactory coating.

Step 7: Remember your cooking sheet in the oven? *Jeez! I sure hope you do!* **Don't burn your house down!** Take the sheet out of the oven and throw your Cauliflower onto it and listen to that nice sizzle. **Put the Cauliflower in the oven and let cook for 20 minutes.** Your Pickled Cabbage and Cauliflower will done at the same time.

Step 8: The next 20 minutes are a fine time to prepare the sauce and think about life in general...How it's going...How your pet may be relentlessly trying to knock the cabbage bowl off the counter...Most of all how hungry you are!...Ahh...Anyway - Rinse the Cauliflower bowl out and scoop your Avocado into it and mix it with the Greek Yogurt, mash it up good. Now, the moment you've been waiting for...**Grab The Lime.** Generously squeeze it into the mixture, but don't go too crazy. The recipe I used says you can add cilantro in there too, but I think cilantro tastes like dish soap, so use at your own risk.

Step 9: As your Cauliflower has about 5 minutes to go, drain the cabbage bowl of any water, it should have stewed long enough. Now grab your frying pan and throw your Tortillas on there to make them nice and crispy while your Cauliflower is finishing up.

Step 10: Your Cauliflower is done. Throw the contents onto the grilled Tortilla, and **voila!**



Congrats! You've just created a healthy alternative for Taco Tuesdays. If you prefer things a little more dry as I do, you can use the diced Avocado alone as pictured above. If you feel you didn't get enough lime in your life, you're very much encouraged to drizzle some into the taco. Parsley is also something I use instead of cilantro. Do with that information what you will.



I hope you all enjoy this recipe as much we did. It's fairly straightforward to make and doesn't require too much prep other than a trip to the produce aisle - not to mention it's quite tasty and filling. My hope is that pickled cabbage becomes your latest addiction as it turned out for us...Just be careful with this recipe, as it attracts a few natural predators...