



Cauliflower Lentil Tacos



Prep Time: 15 Min Cook Time: 40 Min Serves: 6

Ingredients:

Cauliflower:

- 1 head cauliflower
- 1 Tbsp olive oil
- 1 tsp salt
- ½ tsp pepper
- 1 tsp garlic powder
- 1 tsp chili powder
- 1 tsp paprika
- 1 tsp ground cumin

Lentils:

- 2 Tbsp olive oil
- 1 cup onion, diced
- 4 large garlic cloves, minced
- 2 Tbsp tomato paste
- 1 Tbsp ground cumin
- 1 tsp chili powder
- 2 cups vegetable broth
- ¾ cup lentils

Instructions:

1. Preheat oven to 425° F.
2. Cut cauliflower into small florets and then place into a bowl.
3. Toss cauliflower with 1 Tbsp olive oil and seasonings. Mix well.
4. Arrange cauliflower on a baking sheet in a single layer and bake for 20 minutes.
5. While cauliflower bakes, heat 2 Tbsp olive oil in a medium sized pot over medium heat.
6. Add onions and garlic and saute for 5 minutes until onions are softened.
7. Add the tomato paste, cumin, and chili powder and saute for another minute stirring constantly.
8. Add the vegetable broth and lentils and mix well.
9. Raise heat to medium-high and bring the mixture to a simmer (not quite boiling).
10. Cook uncovered for 20-30 minutes until the lentils are tender.
11. Serve lentils and cauliflower on a whole wheat or corn tortilla.

Lentils are an excellent source of protein!