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Spicy Sheet-Pan Cauliflower Tacos

Makes 8 servings

Ingredients

- 2 tablespoons nutritional yeast
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon sweet paprika
- Pinch of freshly ground black pepper
- 1 medium-sized head cauliflower (about 5 cups), cut into 1-inch florets
- 1 1/2 cups cooked or canned black beans or chickpeas, drained and rinsed
- 1/4 cup vinegar-based hot sauce (e.g., Frank's RedHot)
- 8 5-inch corn tortillas, or sturdy lettuce leaves
- 1 head leafy green lettuce, chopped, or 1/4 head purple or green cabbage, shredded
- 2 cups salsa of choice
- 1 red onion, finely diced
- 2 tomatoes, diced
- 3 limes, sliced into wedges, optional

Directions

1. Preheat the oven to 400 F and line a baking sheet with parchment paper.
2. Make the spice blend: In a small bowl, combine the nutritional yeast, chili powder, cumin, onion powder, garlic powder, paprika, and black pepper, and set aside.
3. Make the filling: In a large bowl, combine the cauliflower florets and beans. Drizzle the hot sauce over the top and toss to coat everything evenly. Now, spread half of the spice blend over the top and mix again. Then, add the rest of the spice blend and mix again until all the cauliflower and beans are coated.
4. Transfer to the prepared baking sheet and bake for 20 minutes. Flip and redistribute in a single layer, and then bake for another 10 to 15 minutes, or until the cauliflower is fork-tender and beginning to char on the edges.
5. Meanwhile, warm the corn tortillas in the oven or in a large saute pan over medium heat.
6. Layer each tortilla with lettuce, salsa, spicy cauliflower and black bean filling, onion, tomato, and, if using, a generous squeeze of lime juice.

Nutrition Facts: Per serving: (1/8 of recipe): Calories: 210; Fat: 7 g; Saturated Fat: 0 g; Calories From Fat: 10%; Cholesterol: 0 mg; Protein: 8 g; Carbohydrate: 34 g; Sugar: 8 g; Fiber: 11 g; Sodium: 773 mg; Calcium: 101 mg; Iron: 2.7 mg; Vitamin C: 64 mg; Beta-Carotene: 762 mcg; Vitamin E: 3.5 mcg

Source: Ashley Madden, founder of RiseShineCook.ca, from her book *Plant-Based Delicious*

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