

BUFFALO CAULIFLOWER TACOS



Adapted from This Savory Vegan

<https://www.thissavoryvegan.com/vegan-buffalo-cauliflower-tacos/>

4 servings

• Protein: 4.9 g protein per 2 Tacos

INGREDIENTS



½ head Cauliflower



¾ c. Franks Red Hot Sauce, divided



2 c. Romaine Lettuce



4 tsp Olive Oil



8 Siete Grain Free Cassava Flour Tortillas



as desired Cilantro



1 tsp Garlic Powder



1 Avocado



1 tsp chili powder



8 TBSP Ranch Dressing

ITEMS NEEDED

- Baking Sheet
- Large Bowl
- Spatula
- Sauce Pan

PROTEIN PER SERVING

4.9 g protein per 2 tacos

NOTES

*This may be a little spicy, feel free to use half the amount of Franks Red Hot Sauce.



1 PREP

- Preheat the oven to 425 degrees and line a baking sheet with parchment paper.
- While the oven is preheating:
 - Cut the cauliflower into bite-sized pieces,
 - Separate the cilantro from the stem and chop
 - Wash and chop the lettuce
 - Pit and dice avocado



2 COAT AND COOK

- In a large bowl combine cauliflower, olive oil, garlic powder, chili powder, and 1/4 cup of buffalo sauce. Stir to combine. Spread evenly on a baking sheet and cook for 20 minutes, flipping halfway.



3 ADD MORE SAUCE

- Five minutes before the cauliflower is done cooking, heat up the remaining buffalo sauce in a saucepan.
- Remove cauliflower from the oven and place it back in the bowl. *Add the remaining heated buffalo sauce and stir to combine.



4 ASSEMBLE

- To assemble tacos, load each tortilla with romaine, avocado, and cauliflower.
- Drizzle with ranch and top with cilantro