

CAULIFLOWER LENTIL TACO SALAD



This is a recipe that has tasty cauliflower and lentils to replace the meat in these fool-your-family tacos. I

used sprouted lentils from Tru Roots, because they take less than 5 mins to cook and digest really well. This recipe is now a mainstay in my household.

INGREDIENTS

- 1 cup of sprouted lentils (if not green lentils work great)
- 1 head of cauliflower, cored and broken into small bite size florets
- 1 tbsp coconut oil
- 1 medium yellow onion, diced
- ½-1 jalapeno (depending on how spicy you want), seeded and minced
- 2 cloves of garlic, minced
- 2-4 tsp chili powder (depending on how spicy you want it)
- 2 tsp ground cumin
- ½ cup of your favorite tomato sauce
- 1 tsp salt
- ½ tsp ground black pepper
- ½ cup chopped cilantro
- 1 large head of romaine
- 1 lime cut into wedges
- 1 avocado cut in slices

CAULIFLOWER LENTIL TACO SALAD (CONTINUED)

METHOD

For the taco filling:

1. Rinse the lentils and drain well
2. Combine the lentils and 3 cups water in a small saucepan
3. Bring to a boil, then reduce the heat to low and simmer until tender, about 30 mins (or 5-10 mins if you are using sprouted lentils)
4. Drain off excess water and set lentils aside
5. Pulse the cauliflower in a food processor or chop by hand with a knife until reduced to pieces the size of rice grains.
6. Heat the coconut oil in a large skillet over medium heat
7. Add the onions and jalapenos and cook until onion is translucent, 5-7 mins.
8. Add the cauliflower, garlic, 2 teaspoons of the chili powder, 1 teaspoon of the cumin and cook for 4 mins.
9. Stir in the tomato sauce and cook until the cauliflower is tender, another 3 mins.
10. Add the cooked lentils to the cauliflower mixture. Add the remaining chili powder (if you want), 1 teaspoon cumin. Stir in the salt and pepper and cook for 3 mins more to blend the flavors.
11. Combine the chopped cilantro and place the mixture over romaine leaves
12. Top with fresh lime juice, avocado.