

Cauliflower Chipotle Lime Taco Bowls

Makes 4 servings

Ingredients

- ¼ cup fresh lime juice
- 3 tablespoons chipotle peppers in adobo sauce, chopped
- 4 garlic cloves, minced
- 1 small head cauliflower (about 10 ounces)
- ½ sweet onion, thinly sliced
- 2 cups cooked quinoa, follow package directions.
- 1 can low sodium pinto beans, rinsed
- 1 cup red cabbage, shredded
- 1 avocado, cut into 4 wedges
- 1 cup cherry tomatoes, halved

Directions

1. Preheat oven to 450 degrees. Line a large baking sheet with parchment paper or foil.
2. In a blender combine the lime juice, chipotles, and garlic. Process until smooth. Place the cauliflower in a large bowl. Add the sauce and stir to coat. Pour on prepared baking sheet. Sprinkle onion over the top. Roast in oven, stirring once, until the cauliflower is tender and light brown in spots, about 18-20 minutes.
3. In each bowl divide into 3 sections and place ½ cup quinoa, ¼ cup cauliflower, ¼ cup warmed pinto beans, red cabbage, avocado and halved cherry tomatoes.

*Option not included in nutrition facts.



MAIN DISH



TIP

Add extras for even more flavor and nutrients. Some suggestions are cilantro, cumin, black pepper, cayenne, hot sauce, sour cream, cheese, lettuce*

♥ = heart smart = low sodium = gluten free

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Nutrition Facts

Serving Size 2 cups (see instructions to assemble each bowl) (450g)
Servings Per Container 4

Amount Per Serving	
Calories 340	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 54g	18%
Dietary Fiber 14g	56%
Sugars 8g	
Protein 13g	
Vitamin A 25%	Vitamin C 120%
Calcium 10%	Iron 25%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
<small>Calories: 2,000 2,500</small>	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	

Carb choices per serving: 3½