



## **Crispy Coconut Cauliflower & Sweet Potato Tacos with Pineapple Mango Slaw & Herb Coconut Dressing (vegan)**

### **Cauliflower**

1 head of cauliflower, cut into florets

### **Cauliflower Breading/Dry ingredients**

¾ cup coconut flakes, unsweetened (I like to pulse these in a food processor to make them similar size to the panko)

½ cup panko breadcrumbs (gluten free if that's your thing)

½ cup cornmeal

1 ½ tsp salt

¾ tsp cumin

½ tsp chili powder

¼ tsp garlic powder

¼ tsp turmeric powder

Pepper to taste

Pinch of cayenne for some heat (optional)

### **Dip for cauliflower breading/wet ingredients**

¼ cup coconut oil (liquid)

½ cup coconut cream or the top cream portion of a full fat coconut milk can (can microwave with coconut oil to turn to liquid)

Juice & zest of 1 to 2 limes (I prefer mine slightly tart so I used 2)

Hot sauce or red pepper flakes to taste

Good pinch of salt & pepper

Preheat oven to 400 degrees. In one bowl combine all the dry ingredients and mix well. In a second bowl, combine all the wet and whisk together well. Take the cauliflower florets and dip them completely in the wet bowl and then toss them in the dry bowl and cover them completely. Put each breaded

cauliflower on a parchment lined baking sheet or spray with coconut oil. Continue this process until all florets are dipped and breaded. Bake for 25 to 30 minutes, flipping them over half way through.

### **Sweet Potatoes**

1 large sweet potato, peeled and cut as you prefer (I make mine into long fries so they fit the length of the tortilla)

½ tbs olive oil or coconut oil

Pinch of cumin, paprika, & chili powder

Salt & pepper to taste.

Method: toss sweet potatoes with spices & olive oil and bake at 400 degrees for 20 to 25 minutes, flipping half way.

### **Coconut Lime Herb Sauce**

4 oz vegan coconut yogurt (I like the brand cocojune)

¼ cup of coconut cream

1 tbs cilantro

2-3 mint leaves

¼ tsp cumin

Salt & pepper to taste

Method: put all ingredients into a blender or food processor and mix until combined well. Set aside or refrigerate until serving. This can be made a day ahead.

### **Pineapple & mango slaw**

2 cups diced pineapple (I prefer fresh over canned)

1 ripe mango, peeled & diced

3-4 cups coleslaw mix

Juice of 2 limes

3 tbs olive oil

Good pinch of cumin

1 ½ tsp maple syrup

3 tbs cilantro, minced

2 tsp mint, minced

Salt & pepper to taste

Method: Mix together the pineapple, mango, cilantro, mint and coleslaw mix and set aside. In another bowl whisk together the lime juice, cumin, maple, olive oil, cumin, salt & pepper and then pour over the slaw mixture. Do this just before serving because it will begin to wilt.

**To serve**

Tortillas of your choice (I used corn to keep it gluten free)

Other optional extras: avocado, radishes thinly sliced, black beans or refried beans, corn, extra lime wedges for serving

To build: I like to put the cauliflower florets and sweet potatoes on the bottom, add the slaw on top and whatever extras you're serving it with- I used radishes. And then drizzle on some of the coconut lime herb dressing and you are good to go! This is a really delicious, healthy and easy way to kick off your Cinco de Mayo fiesta.

Serve with your favorite margarita!! And enjoy it in good health!

Jamiesonxo