



Several years ago, my oldest daughter chose to eat vegetarian. For about a year, our family joined her in this endeavor. While the rest of us didn't completely remove meat from our diet, we did become "part-time" vegetarians. This recipe came out of that time. We all love tacos, and I found several great substitutes for meat. These cauliflower street tacos are bursting with fresh flavors. I guarantee you will forget there is no meat!

## Ingredients

### From the garden

- 1 large head of cauliflower
- 1 head of green cabbage
- 2-3 cloves of garlic
- 1-2 tomatoes (whatever you are growing will work)
- 1 red bell pepper and 1 yellow bell pepper
- Fresh cilantro
- Optional: 1-2 jalapenos

### From the store

- 1 large avocado
- Cotija cheese
- About 1/2 cup of mayo
- Some of your favorite hot sauces
- One dozen corn tortillas
- Vegetable Oil for frying
- 1 tbsp onion powder
- 1 tbsp garlic powder
- 1 tbsp chili powder
- 1/2 tbsp oregano
- Salt to taste
- Olive Oil
- 1 tbsp vinegar

## Directions

### Cauliflower:

1. Preheat your oven to 350 degrees.
2. Chop your cauliflower, removing the florets from the stalks. Cut the florets down so they are no larger than about a quarter.
3. Transfer the chopped cauliflower to a roasting pan.
4. Drizzle about two tablespoons of olive oil over the cauliflower and mix.
5. Sprinkle onion powder, garlic powder, chili powder, oregano, and salt, and mix to coat all the florets.
6. Cook the cauliflower for 15-20 minutes until tender.

### Cabbage Slaw:

1. Cut your head of cabbage in half through the stem. Return half to your refrigerator for use in another meal.
2. Shred your cabbage from the top end, working back towards the stem. I prefer the cabbage as thin as possible.
3. 3-4 cups of cabbage will be plenty. I also chop the shredded cabbage in half so it is easier to work with.
4. Transfer your cabbage to a large mixing bowl.
5. Finely dice your garlic and add it to the cabbage.
6. Drizzle the vinegar over your cabbage and garlic, add salt, and lightly mix with a rubber spatula.
7. Add 1/2 cup of mayo and one or two tablespoons of hot sauce to your desired heat preference.
8. Mix all the ingredients until fully incorporated and put in the fridge until ready to use.





Several years ago, my oldest daughter chose to eat vegetarian. For about a year, our family joined her in this endeavor. While the rest of us didn't completely remove meat from our diet, we did become "part-time" vegetarians. This recipe came out of that time. We all love tacos, and I found several great substitutes for meat. These cauliflower street tacos are bursting with fresh flavors. I guarantee you will forget there is no meat!

## Directions Continued

---

### Toppings:

1. Chop, slice, or dice your peppers, tomatoes, cilantro, and avocado.
2. In a bowl, crumble your cotija cheese.

### Corn Tortillas:

1. I prefer to fry my corn tortillas. It can take a little time to get the hang of getting them just right. Add about one cup of vegetable oil to a heavy pan and heat it to medium temperature. Test a few tortillas as the oil warms up. You don't want the oil to be too hot, as the tortillas will get very crispy. I prefer the tortillas to be firm but still flexible. Once the oil is up to temperature, work in batches to fry your tortillas for about one minute per side. Remove from the oil and set aside on a few paper towels

### Assembly:

Add to your tortillas, cauliflower, and top with a spoon full of cabbage, tomatoes, avocado, peppers, cilantro, and cotija cheese. I also like to add some salsa or hot sauce!