

Food Babe's Cauliflower Taco Salad

Prep Time:	Cook Time:	Total Time:	Serves:
15 mins	40 mins	55 mins	4



<https://foodbabe.com/cauliflower-lentil-taco-salad>

Ingredients:

- 1 cup sprouted lentils, rinsed and drained
- 1 head cauliflower, chopped
- 1 tablespoon coconut oil
- 1 medium yellow onion, diced
- 1 jalapeño pepper, seeded and minced
- 2 teaspoons garlic cloves, minced
- 4 teaspoons chili powder
- 2 teaspoons ground cumin
- ½ cup tomato sauce
- 1 teaspoon sea salt
- ½ teaspoon ground black pepper
- ½ cup fresh cilantro, chopped
- 1 large bunch romaine lettuce
- 1 lime, sliced
- 1 avocado, peeled and sliced
- ¼ cup sour cream

Instructions:

1. For the taco filling: 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 minutes (or 5 minutes if you are using sprouted).
4. Drain off excess water and set the 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 the onion is translucent, 5 to 7 minutes.
8. Add the cauliflower, garlic, 2 teaspoons of the chili powder, 1 teaspoon of the cumin and cook for 4 minutes.
9. Stir in the tomato sauce and cook until the cauliflower is tender, another 3 minutes.
10. Add the cooked lentils to the cauliflower mixture. Add the remaining 2 teaspoons chili powder, 1 teaspoon cumin. Stir in the salt and pepper and cook for 3 minutes more to blend the flavors.
11. Combine with chopped cilantro and place mixture over romaine leaves.
12. Top with fresh lime juice, avocado and/or sour cream.

Notes:

- Please use organic ingredients if possible