

Shawarma Spiced Cauliflower Wraps

10 ingredients · 45 minutes · 3 servings



Directions

1. Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
2. Place the cauliflower and the onion on the prepared baking sheet and toss with the spice blend, salt, pepper, and oil, until evenly coated.
3. Cook in the oven for 20 to 25 minutes or until tender and caramelized.
4. Divide the roasted cauliflower, tomato, cucumber, tzatziki, and pickled onions (if using) evenly between the pitas. Roll into a wrap and enjoy!

Notes

Leftovers

Refrigerate all parts of the wrap separately for up to three days. Assemble just before eating.

Serving Size

One serving is one pita with one cup cauliflower and onion mixture with toppings.

Additional Toppings

Hummus and/or mixed greens.

Gluten-Free

Use a gluten-free pita or other alternative.

Make it Vegan

Use plant-based tzatziki or make your own using coconut yogurt, lemon juice, garlic and cucumber.

Ingredients

1/2 head Cauliflower (medium, cut into florets)

1 Yellow Onion (medium, sliced)

1 tbsp Shawarma Spice Blend

Sea Salt & Black Pepper (to taste)

1 1/2 tbsps Extra Virgin Olive Oil

1/2 Tomato (medium, chopped)

1/4 Cucumber (medium, chopped)

3 tbsps Tzatziki

57 grams Pickled Red Onions (optional)

128 grams White Pita Bread

Nutrition

Amount per serving

Calories	245	Calcium	107mg
Fat	10g	Iron	7mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsaturated	1g	Vitamin K	23µg
Monounsaturated	5g	Thiamine	0.3mg
Carbs	36g	Riboflavin	0.2mg
Fiber	4g	Niacin	3mg
Sugar	8g	Vitamin B6	0.2mg
Protein	7g	Folate	108µg
Cholesterol	3mg	Vitamin B12	0µg

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Sodium	780mg	Phosphorous	96mg
Potassium	474mg	Magnesium	30mg
Vitamin A	353IU	Zinc	1mg
Vitamin C	51mg	Selenium	12µg