



Roasted Cauliflower Tacos

Looking for a creative way to use the cauliflower in the share this week? Look no further! These cauliflower tacos are flavorful, simple, and cauliflower is naturally high in fiber and B-vitamins; so it is also great for you, too!



4 servings



35 minutes

Ingredients

- 1 medium onion, sliced
- Head of Cauliflower, chopped into bite-size pieces
- 3 tablespoons olive oil/oil of choice
- 1 pack of taco seasoning
 - choice to create your own with: a teaspoon each of ground cumin, garlic, onion, paprika, and chili powder with some salt and pepper to taste!
- 8 tortillas, warmed
- Veggies and fixin's of choice
- Lime juice (optional)

Instructions

1. Preheat oven to 450°F. Line a large rimmed baking sheet with parchment paper or grease it.
2. Toss chopped cauliflower, onion, oil, and taco seasoning together in a large bowl until well combined. Spread in an even layer on the prepared baking sheet. Roast until deeply brown in spots and tender, 25 to 30 minutes.
 - a. Option to also get creative and make flavored wings like barbecue/buffalo, just add the sauce before they go into the oven!
3. Divide the cauliflower-onion mixture evenly among the warmed-up tortillas (about 1/2 cup per tortilla). To warm tortillas you can use the stove or 30 seconds in the microwave
4. Add your choice of veggies on top: the greens in the box this week, along with some thinly sliced radishes and leeks would go great!
5. You can also add your choice of cheese and salsa on top!

Note: Feel free to also just grab a pre-made taco kit from the store to simplify the prep!

IN YOUR SHARE TODAY:



CELERY

Storage: Can be stored in a bag inside the crisper of the refrigerator. Once cut up, store submerged in water to keep the ends from drying out.

Usage: Can be eaten raw (great with peanut butter if applicable to your diet!). Saute and add to soups or stir-fries.



APPLES

Storage: Out of direct sunlight on your counter (~3wks), refrigerator in the crisper drawer (~4-6wks), or the freezer (8mo).

Usage: Can be sliced up raw or baked as a sweet treat, in a salad/smoothie, or in a simple cobbler!



VALENCIA ORANGES

Storage: Can store in the crisper drawer for up to a month. Wash right before consuming- extra moisture will spoil your fruit faster.

Usage: Peel and eat raw or use in recipes. You can use the zest for recipes that include added citrus- such as breads, salad dressings, etc. These are pink inside, sweet, and taste like mango!



CAULIFLOWER

Storage: Loosely wrap in a plastic bag and store in crisper drawer of the refrigerator.

Usage: Can be eaten raw. Cut into smaller pieces to steam or roast until tender. Add to stir-fries, soups, and pasta dishes. You can also bread these and make veggie "wings" with your favorite sauce!



GREENS: MESCLUN AND SPINACH MIX

Storage: Can be stored in a bag inside the refrigerator's crisper drawer or in the plastic package it comes in. Make sure not to wash until before using, it will accelerate wilting.

Usage: Can be eaten raw in a salad, sandwich, or a smoothie!



RAINBOW CARROTS

Storage: Loosely wrap in a plastic bag and store in crisper drawer of the refrigerator.

Usage: Can be eaten raw. Cut into smaller pieces to steam or roast until tender. Add to stir-fries, soups, and pasta dishes.



AVOCADO

Storage: If slightly underripe, store on a counter or dry place. Once fully ripe, or cut open, place in a plastic container in the fridge.

Usage: Typically eaten raw. Cut up pieces of avocado to add to salads, sandwiches or on top of toast.



RAINBOW CHARD

Storage: Put Chard in a plastic bag and store in the refrigerator.

Usage: It is great steamed and sautéed as well as raw (add to a salad or use the big leaves as a sandwich wrap) We love to add it to scrambled eggs and soups!



GOLD BEETS

Storage: Separate leaves and stalks from bulb, store them in a paper bag in the refrigerator. Will store well for up to a month.

Usage: Usually steamed or roasted. The outer skin should be removed- it is quite bitter if not. Also great for pickling!



PARSNIPS

Storage: Store unwashed, in a plastic bag or wrapped in a paper towel in the fridge. They should last for 2 weeks. Cooked parsnips may be refrigerated and used within three days.

Usage: Can be eaten raw in a salad or with your favorite dip. They can also be boiled, steamed, sautéed, roasted, or fried!



CABBAGE

Storage: Cabbage is best stored whole, unrinsed, and in the refrigerator until you're ready to use it.

Usage: Cut in half/fourths and boiled until tender (10-15 minutes), drained, and then add your season of choice (SOC)! You can also thinly slice it up and sauté it (cook it down in a pan) with some olive oil and SOC (garlic and onion powder, salt, and pepper work great!)



LEEKS

Storage: Wrap leeks in plastic when storing in the refrigerator. Do not trim or wash before storing.

Leeks will last up to two weeks in the refrigerator. **Usage:** They have a mild, onion-flavor and can be thinly sliced and eaten raw or cooked. They are GREAT in soups or sautéed down with other veggies!



RADISH

Storage: Store in the refrigerator. Once cut up, store submerged in water to keep from drying out.

Usage: Great raw. Add to salads, sandwiches, or tacos. Also delicious grilled or cooked up in a stir-fry.