

**BUFFALO CAULIFLOWER TACOS** 4 portions**INGREDIENTS**

- Buffalo Cauliflower Tacos:
- 1 cup flour
- 1 cup milk
- 1/4 teaspoon each garlic powder, salt, and pepper
- 1 head cauliflower (4–5 cups florets)
- 3/4 cup hot sauce (I used Frank's brand)
- shredded cabbage or slaw
- chopped fresh cilantro
- 4 tortillas of tortillas, ready-to-bake or -fry, corn (96 g)
- Avocado Crema
- 2 avocados
- 1/4 cup of yogurt, Greek, nonfat, plain (57 g)
- 1 clove of garlic, raw (3 g)
- 1/4 cup of water (25 g)
- 1/2 tsp of salt, table (3 g)
- squeeze of lemon or lime

COOKING METHOD

- 1° Batter the cauliflower: Preheat oven to 450 degrees. Whisk flour, milk, salt, pepper, and garlic powder. Dip cauliflower pieces in the batter and let excess drip off. Place on parchment-lined baking sheet. Bake on an upper rack for 15-20 minutes until lightly crisped and browned. Spice the cauliflower: Gently toss the baked cauliflower in a bowl with the hot sauce. Return to pan. Bake for another 5-10 minutes. Avocado Crema: Mix all ingredients in a food processor or blender until smooth. Slaw: Toss the slaw with some of the avocado crema until it's nice and creamy. Tacos: Fill each tortilla with slaw, cauliflower, a drizzle of avocado crema, and cilantro. Perfection!
- 2° Gluten Free: Use GF flour and GF corn tortillas. Note: you may need a few more tablespoons of milk to get the right consistency for the batter when using GF flour. Vegan: use non-dairy milk and skip the sour cream in the sauce. Cauliflower Pro Tip: It helps if you have a greased wire rack to back the cauliflower on – this allows excess batter to drip down and promotes crispiness. ☒ But it works fine without, too. Notes about texture: The texture as written is pretty firm and crispy, but not deep-fried-level crispy. Not surprisingly, you'd have to deep fry to achieve that. But to me, this is a really great middle-of-the-road alternative that is a) much easier, b) healthier, and c) still really tasty!

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (434 g)	% DRI
ENERGY	84 kcal	366 kcal	18 %
FAT	3 g	13 g	20 %
FATTY ACIDS, TOTAL SATURATED	1 g	3 g	13 %
CHOLESTEROL	1 mg	6 mg	2 %
SODIUM	99 mg	428 mg	18 %
CARBOHYDRATE	12 g	54 g	18 %
SUGARS	1 g	4 g	—
FIBER	2 g	11 g	43 %
PROTEIN	3 g	13 g	—