

## **Cauliflower Nachos**

*Yield: Approximately 4-6 Servings*

- 1 Grapeseed or other high heat oil
- 1 Teaspoon chili powder
- 1 Teaspoon ground cumin
- ½ Teaspoon granulated onion
- ½ Teaspoon granulated garlic
- 1 Large head cauliflower
- 1 Large (28 oz) can pinto beans
- 1 Teaspoon minced garlic
- Salt and freshly ground pepper
- Shredded cheese of choice (about 1 cup)
- 1 Cup chopped tomato
- ¼ cup chopped fresh cilantro or parsley
- 1 Chopped jalapeno pepper, or to taste
- 2 Tablespoons finely chopped red onion
- 1 Avocado, chopped
- 1 Cup finely shredded purple cabbage or lettuce



Preheat oven to 400 degF. Cover large baking sheet with foil or parchment.

In large bowl, combine 2 tablespoons oil, chili powder, cumin, granulated onion and granulated garlic. Cut cauliflower into florets and then into ½ inch slices. Add to spice mixture and gently toss to coat. Transfer cauliflower to prepared sheet; bake until tender and starting to brown, about 12 minutes.

While cauliflower is roasting, heat sauté pan over medium-high heat. Add oil to coat bottom, then add minced garlic and heat for 30 seconds. Add pinto beans and cook, until starting to soften, using a potato masher to break up beans. Cook until you reach a thick, chunky paste stage. Season to taste with chili powder, salt and pepper.

Remove cauliflower from oven and top with beans and cheese. Bake until beans are heated, and cheese has melted, about 3-4 minutes.

Remove cauliflower mixture from oven and if desired, carefully transfer to serving platter (or just serve from baking sheet). Top with tomatoes, cilantro or parsley, jalapeno, onion, avocado and cabbage or lettuce. Serve immediately.

