

# Cauliflower Nachos

*Yield: Approximately 4-6 Servings*

- High heat liquid fat of choice
- 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 (or 2 small cans)
- 1 Teaspoon minced fresh 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 or sliced 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 fat, chili powder, cumin, granulated onion and granulated garlic. Cut cauliflower into florets and then into ½ inch slices (want flat pieces). 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.