

Atypical Tacos!

*Allergy info: contains soy, optional toppings contain milk**

Ingredients:

- 1 Cauliflower head, cored and broken into small pieces
- 4 oz. Fresh button mushrooms
- 2 Tbsp. Soy Sauce* (or coconut aminos)
- 1 tsp. Smoked Paprika
- 2 tsp. Ground Cumin
- ½ tsp. Garlic Powder
- 2 Tbsp. Chili Powder
- ½ tsp. Onion Powder
- ¼ tsp. Ground Black Pepper
- 1/8 tsp. Salt



Instructions:

1. One at a time, pulse mushrooms and cauliflower until they resemble ground meat.
2. Add processed cauliflower and mushrooms to a large bowl or gallon zipseal bag.
3. Add soy sauce and stir or shake to coat.
4. Add dry seasonings and stir or shake to coat.
5. Heat a large skillet over medium heat.
6. Add cauliflower mix to skillet, covering the bottom of the pan with roughly ½" depth of the taco filling.
7. Cook until heated through and softened.
8. Remove the cooked filling and repeat until all the filling mix has been cooked.
9. Serve as you would typical taco filling and enjoy!

Cauliflower power! Seriously, this is a veggie that just won't quit. Recent studies suggest that eating cauliflower just once per week benefits our blood and circulatory system, our digestive system, and improves our ability to fight off illness and prevent disease.

There is nothing boring about Cauliflower, and this recipe proves it!

Did you know that cauliflower also grows in shades of yellow, orange, purple and green? Not only is it fun to chop up and present a plate of vibrantly colored florets, but each color has its own special place in our diet. So, mix it up, and get creative!

Today we:

- ✓ Tore and chopped, shook and cooked.
- ✓ Practiced "dry" measurement techniques.
- ✓ Prepared and tasted our hard work.
- ✓ Atypical – uncommon, or different, not typical.



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