

Curried Cauliflower and Chickpea Tacos

This versatile recipe brings together simple ingredients to produce a flavorful combination. Sweet potato, cauliflower, and bell pepper can be exchanged for other vegetables, such as carrots, russet potato, eggplant, or squash. The recipe calls for corn tortillas, but you could use flour tortillas, naan bread, or substitute with rice. Add optional toppings to increase the flavor of your tacos.

Serves 4–5 **Serving size:** 2 tacos, 1/2 cup filling each **Prep time:** 15 minutes **Cook time:** 35 minutes **Total time:** 50 minutes

Ingredients

- 1/4 cup olive or canola oil
- 1 Tablespoon curry powder
- 1/2 teaspoon ground cayenne pepper
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 large sweet potato, cut into 1/4-inch cubes
- 1 cauliflower head, cut into florets
- 1 red bell pepper, cut into 1/2-inch pieces
- 1, 16-ounce can chickpeas, drained and rinsed
- 8–10 corn tortillas
- **Optional toppings:** lime wedges, cilantro, plain Greek yogurt, salsa, jalapeno peppers, shredded cheddar cheese



Directions

Oven

1. Preheat the oven to 400°F.
2. In a small bowl, mix together olive oil, curry powder, cayenne powder, salt, and pepper.
3. Place sweet potato, cauliflower, bell pepper, and chickpeas onto a baking sheet. Drizzle with olive oil mixture and toss to coat.
4. Roast for 30–35 minutes, or until potatoes are fork-tender and cooked through.
5. Serve 1/2 cup of filling in each corn tortilla. Add toppings (optional).

Stove

1. In a small bowl, mix together olive oil, curry powder, cayenne powder, salt, and pepper.
2. Heat a medium-sized skillet over medium-high heat.
3. Place prepared sweet potato, cauliflower, bell peppers, and chickpeas into the skillet. Pour olive oil mixture and toss to coat.
4. Continue to stir the mixture every few minutes. Cook until sweet potatoes are fork-tender and cooked through.
5. Serve 1/2 cup of filling in each corn tortilla. Add toppings (optional).

Nutrition Facts

Serves 5
Serving size 2 tacos (300g)

Amount per serving
Calories 337

	% Daily Value*
Total Fat 14g	22%
Saturated Fat 2g	10%
Trans Fat 1g	
Cholesterol 1mg	0%
Sodium 695mg	29%
Total Carbohydrate 45g	15%
Dietary Fiber 10g	41%
Total Sugars 6g	
Protein 10g	19%
Vitamin D 0mcg	0%
Calcium 112mg	11%
Iron 3mg	16%
Potassium 728mg	21%
Phosphorus 281mg	28%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.