

Mexican Cauliflower Rice Bowl

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 24 Estimated Plate Cost: \$2.20

Cauliflower Rice Ingredients	Quantity	Measure
Cauliflower, florets	3	pounds
Vegetable Oil	4	tablespoons
Garlic, cloves, minced	2	cloves
Onions, small diced	½	cup
Chili Powder	2	teaspoons
Garlic Powder	2	teaspoons
Onion Powder	2	teaspoons
Crushed Red Pepper Flakes	1	teaspoon
Oregano, dried	1	teaspoon
Paprika	1	tablespoon
Cumin	1	tablespoon
Salt	1	teaspoon
Charred Corn Ingredients		
Corn, whole kernel, frozen	12	ounces
Vegetable Oil	1	tablespoon
Salt and Pepper, to taste		
Chorizo Chickpea Ingredients		
Garbanzo Beans, canned, drained, rinsed	28	ounces
Vegetable Oil	2	tablespoons
Onion, diced	½	cup
Garlic, cloves, minced	3	cloves
Paprika	1	tablespoon
Cumin	2	teaspoons
Chili Powder	1	teaspoon
Cayenne Pepper	½	teaspoon
Thyme, dried	½	teaspoon
Cinnamon	½	teaspoon
Salt and Pepper, to taste		
Apple Cider Vinegar	1	tablespoon
Lime Crema Ingredients		
Tofu, firm, drained	14	ounces
Lime Juice and Zest	¼	cup
Cilantro, chopped	¼	cup
Salt and Pepper, to taste		



Mexican Cauliflower Rice Bowl Continued

Topping Ingredients	Quantity	Measure
Black Beans, drained, rinsed	12	ounces
Red Onions, small diced	12	ounces
Avocados, cubed and tossed in lemon juice	12	ounces
Pico de Gallo	12	ounces
Tortilla Strips	4	each

Preparation

1. For the Cauliflower Rice, mix the chili powder, onion powder, red pepper flakes, oregano, paprika, cumin and salt together in a small bowl for make a Mexican Seasoning blend. If you already have a blend mix, feel free to use that.
2. Put florets into a food processor and pulverize until small and texture resembles rice.
3. In a medium skillet, heat oil over medium high heat.
4. Add onions and garlic and sauté for 3 – 4 minutes. Add the Mexican spice blend.
5. Add the cauliflower rice and cook for 5 minutes, tossing until the rice is completely coated in seasoning.
6. Set aside, hold hot.
7. Preheat oven to 375 degrees for the charred corn.
8. Thaw corn and pat dry. Place corn in a bowl and drizzle with oil, salt and pepper. Toss until coated.
9. Spread corn out on a baking sheet and roast for 10 – 12 minutes until corn starts to brown, stirring occasionally. Remove from oven and cool.
10. For the Chorizo Chickpeas, place in a food processor and pulse only 4 or 5 times just until slightly crumbly.
11. Coat the bottom of a medium skillet with oil and place over medium heat.
12. Add onions and sauté for about 5 minutes, add garlic, and cook for an additional minutes.
13. Add the chickpeas and remaining ingredients for the chorizo chickpeas and flip a few times to incorporate the spices.
14. Add vinegar and continue to stir.
15. Remove from heat and hold hot.
16. For the Lime Crema, place the tofu in a food processor and blend until creamy and smooth.
17. Add lime juice, zest, cilantro, salt and pepper. Blend until incorporated. Add water to thin out if needed.
18. Transfer crema into a squeeze bottle.
19. Cut tortilla shells into strips about $\frac{1}{4}$ of an inch and fry to make crispy strips.

Assemble

1. Place $\frac{1}{2}$ cup of cauliflower rice into an individual serving bowl.
2. Place 1 oz. spoodle of chorizo chickpeas on top of rice.
3. Place $\frac{1}{2}$ oz. scoop of charred corn, $\frac{1}{2}$ oz. scoop of black beans, $\frac{1}{2}$ oz. scoop of red onions, $\frac{1}{2}$ oz. scoop of avocado and $\frac{1}{2}$ oz. scoop of Pico de Gallo around the chorizo chickpeas.
4. Drizzle bowl with $\frac{1}{2}$ oz. of lime crema sauce.
5. Garnish with crispy tortilla strips.

Nutrition Information *From USDA Nutrient Database

Calories: 218 Total Fat: 9g Saturated Fat: 1g Monounsaturated Fat: 5g Polyunsaturated Fat: 3g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 30g Fiber: 6g Total Sugar: 3g Protein: 7g Sodium: 347mg Vitamin A: 23 μ g Vitamin C:
13mg Calcium: 74mg Iron: 2mg Folate: 49 μ g

