

Cauliflower Nachos

By Becky Cyr

In this recipe, the cauliflower stands in as a healthier alternative to tortilla chips!

Ingredients:

- 1 cauliflower head
- 1 can black beans (rinsed)
- Rotisserie chicken (leave out or substitute with Soyrizo or Beyond Beef crumbles if you're vegetarian)
- Cherry tomatoes
- Avocado
- Baby peppers
- Olive oil
- Shredded cheddar cheese (substitute with Daiya or other non-dairy alternative if you're vegan)
- Garlic powder
- Onion powder
- Smoked paprika
- Chili powder
- Cumin
- Sea salt

Directions:

1. Slice the cauliflower florets into flat pieces and place into a bowl.
2. Combine spices & salt (any amount you'd like) in a small bowl, and add to the cauliflower along with enough olive oil to coat the florets. Toss to coat.
3. Spread the cauliflower out in a single layer on a baking sheet and bake for 20 minutes at 425° or until the cauliflower is starting to brown.
4. While the cauliflower is in the oven, prepare your toppings and sautee the baby peppers.
5. Once the cauliflower is done roasting, build your nachos.
6. Place in the oven for a second bake for approx. 8 minutes or until the cheese has melted.
7. Enjoy!