



EAT YOUR BEST.
LESS SALT.
MORE PLANTS.



CHARRED CAULIFLOWER TOSTADA

WITH ROMESCO, BLACK BEANS, & HERBS

MAKES 6 SERVINGS

INGREDIENTS

- 1 cauliflower, medium
- 1/4 cup olive oil
- 1 tsp smoked paprika
- 1/2 tsp kosher salt
- 3 red bell peppers
- 3 tbsp parmesan, grated
- 3 tbsp shaved almonds
- 1 15-oz can low-sodium black beans
- 1/2 cup cilantro leaves, chopped
- 1/2 cup scallions, chopped

METHOD

1 Preheat oven to 375°F. Trim the cauliflower, leaving 2 inches of the stem intact. Trim the ends of either side of the head, and cut into 6 even slices. Place on a sheet tray, drizzle with olive oil and sprinkle with 1 teaspoon smoked paprika.

2 Roast cauliflower for 25 minutes, then broil for 4 minutes and set aside. Meanwhile, char the peppers over an open flame until they are charred all over. Immediately put them into a bowl, and cover tightly with plastic wrap.

3 After 10-15 minutes remove the bell peppers from the bowl, and peel off the burnt skins, removing the stem and seeds. Place the peppers in a food processor with the cheese, almonds, and 1/2 teaspoon of salt. Process until the mixture is chunky but even.

4 Top each cauliflower slice with black beans, 2 tsp of romesco, scallions, and cilantro.

[Return to Table of Contents](#) 4

NUTRITION FACTS: Calories 230 Total Fat 13g Sodium 350mg Fiber 9g Protein 9g