

Cauliflower Nachos

Curb your nacho craving with less guilt and more nutrition - market superhero cauliflower to the rescue! So satisfying and delicious that the fact that it's better for you won't even matter! This is made on one sheet pan so cleaning up is a cinch too.

INGREDIENTS

- 1 head cauliflower, cut into florets
- 2 tablespoons olive oil
- 3 cloves garlic, minced
- ½ teaspoon cumin
- ¼ teaspoon chili powder
- ¼ teaspoon smoked paprika
- Kosher salt and freshly ground black pepper, to taste
- 6 ounces tortilla chips
- 1 (15-ounce) can of black beans, drained and rinsed
- 1 cup shredded cheddar cheese
- 1 tomato, diced
- ⅓ cup guacamole
- ¼ cup diced red onion
- 1 jalapeño, thinly sliced
- 2 tablespoons chopped fresh cilantro leaves

The ingredients in this recipe are easy to mix and match with others from the field. We're thinking of adding some grilled corn cut off the cob, maybe some hot sauce or bbq sauce, green peppers, grilled chicken from last night's dinner, sautéed beef, turkey, or sausage - lots of ways to mix this up so be creative!

You can find all these add-in ideas in the market field from New Boston Beef, Ekonk Hill Turkey Farm, Proctor Hall Farm, Skeleton Key BBQ, Dragon's Blood Elixirs, and our full time farms listed on the back of this recipe card.



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DIRECTIONS

Preheat oven to 425° F. Lightly oil a baking sheet or coat with nonstick spray.

Place cauliflower florets in a single layer onto the prepared baking sheet.

Add olive oil, garlic, cumin, chili powder and paprika; season with salt and pepper, to taste. Gently toss to combine.

Place into oven and bake for 12-14 minutes, or until tender and golden brown.

Stir in tortilla chips in a single layer. Top with black beans and cheese.

Place into oven and bake until heated through and the cheese melts, about 5-6 minutes.

Serve immediately, topped with tomato, guacamole, onion, jalapeño and cilantro.

Market Shopping List

- Cauliflower - 18th C. Purity, Apis Verdi, Bluebird Hill, Oxen Hill, Riverview
- Cilantro - 18th C. Purity, Blueberry Hill Organics, Colgan, CT Valley, Easy Pickin', Oxen Hill, Riverview
- Garlic - 18th C. Purity, Apis Verdi, Blueberry Hill Organics, CT Valley, Riverview, Wayne's Organic
- Kohlrabi -18th C. Purity, Apis Verdi, Colgan, Easy Pickin', Oxen Hill, Riverview, Wayne's Organic
- Olive Oil (June-Oct) - Ariston, Capa di Roma
- Onions - 18th C. Purity, Apis Verdi, Blueberry Hill Organics, Bluebird Hill, Colgan, CT Valley, Easy Pickin, Oxen Hill, Riverview, Wayne's Organic
- Tomatoes - 18th C. Purity, Apis Verdi, Blueberry Hill Organics, Bluebird Hill, Colgan, CT Valley, Easy Pickin', Oxen Hill, Riverview, Wayne's Organic
- Tortilla chips - Pan de Oro
- Cumin, chili powder, paprika, shredded cheese, guacamole, beans - **Highland Park Market of Coventry**



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