Cauliflower Elote

Ratio 3.25:1, 5 servings 320 g/serving total recipe 2511 kcal/33.6 Net CHO/245.7 FAT/41.5 PRO 502 kcal/6.7 Net CHO/49 FAT/8.3 PRO

Ingredients

Cauliflower, raw 800g (can be riced or chopped)
Olive oil 100g
Oregano, dried 1g
Cumin 2g
Garlic, granulated 5g
Salt 7g
Black Pepper 1g

14g

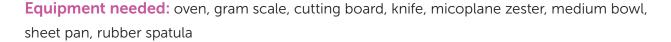


Smoked Paprika

Mayonnaise 140g

Lime zest 1g (approximately the zest of 1 lime)
Lime juice 15g (approximately the juice of 1 lime)

Cilantro, fresh, minced 25g
Cotija cheese, crumbled 100 g



- 1. Set oven to 375F.
- 2. If using whole head or cauliflower florets, chop the stems into small pieces (corn size) and then break apart the top florets (doesn't have to be perfect!) varying sizes add great texture.
- 3. Place cauliflower on a parchment-lined sheet pan and evenly coat in olive oil and seasonings.
- 4. Roast cauliflower for 8-10 minutes.
- 5. Using spoon, stir cauliflower, put back in oven and roast for an additional 5 minutes (or until browned). Remove from oven and let cool.
- 6. In a medium mixing bowl, whisk together mayonnaise, zest, lime juice, cilantro, and cotija cheese (see notes).
- 7. Once cooled, fold in the cauliflower, serve immediately or place in the fridge until ready to serve.

Shelf-life: 3 days



