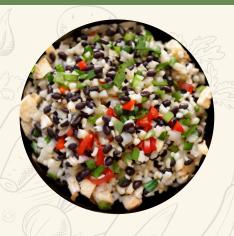
Roasted Cauliflower & Black Bean Salad By Chef Stephen



INGREDIENTS:

- 14 oz. extra firm tofu, dried and cubed
- 1 head of cauliflower, cut into small florets (~3 cups)
- 15.5 oz. canned black beans, rinsed & drained
- 1 red bell pepper, diced
- 1/2 cup canned sweet corn. rinsed and drained
- 1 lime, juiced
- zest from lime
- · 3 garlic cloves, minced
- 1/4 cup cilantro, chopped
- 1 avocado, diced
- 2 Tbsp. red wine vinegar
- 4 Tbsp. olive oil
- salt & pepper to taste

DIRECTIONS:

- 1. Preheat oven to 350°F.
- Drain excess fluid from tofu. Dice it into 2-3" cubes.
- 3. Drizzle tofu with 1 Tbsp. olive oil.
- 4. Place tofu on baking sheet and bake it at 350°F for 30 minutes. Toss tofu halfway through until golden brown.
- 5.Cut cauliflower into small florets and place on baking sheet.
- 6. Roast cauliflower for 20 minutes or until lightly golden brown. Set aside and cool.
- 7.Combine all ingredients together in a medium bowl and mix well.

MEAL KIT SHOPPING LIST



 $(\ \ \)$ 30 min Yield: 6 servings



1 head of cauliflower



1 avocado



1 red pepper



8.5 oz. canned sweet corn



1 bunch of cilantro



15.5 oz. canned black bean



3 garlic cloves



14 oz. extra firm tofu



1 lime

Seasonings and more:

- black pepper
- red wine vinegar
- olive oil
- salt

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Grocery cost: \$12.15 Recipe cost: \$10.49 Cost per meal: \$1.75 *prices found at Wegmans as of April 2023