

# 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.
2. 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

For more recipes  
scan here



or visit  
[healthyoptionsbuffalo.com](http://healthyoptionsbuffalo.com)

*Healthy Options.*  
*Cooking at Home*

Grocery cost: \$12.15

Recipe cost: \$10.49

Cost per meal: \$1.75

\*prices found at Wegmans as  
of April 2023