

# CAULIFLOWER SHAWARMA BOWLS

4 Servings

1 medium head cauliflower, broken into bite sized pieces

1 tbsp olive oil 2 Tbsp Tahini (sesame paste)

1 can chickpeas, drained and rinsed

1 Tbsp shawarma seasoning mix (or equal parts garlic powder, turmeric, chili powder, cumin, salt, pepper)

½ medium cucumber, sliced

1/2 medium onion, sliced

1 cup grape tomatoes, halved

2 cups shredded lettuce

Optional Toppings such as plain yogurt, hummus, pickled turnip, or tzatziki.

## DIRECTIONS

### Step 1

Preheat the oven to 425 degrees F. Line a baking sheet with parchment.

### Step 2

Mix olive oil and tahini in a small bowl until combined. Place cauliflower and chickpeas in a large bowl. Drizzle with tahini mixture and sprinkle with seasoning. Toss well to coat.

### Step 3

## SHOPPING LIST

Cauliflower

Canned Chickpeas

Onion

Grape Tomatoes

Canned black beans

Shawarma Seasoning (or cumin, turmeric, garlic powder, chili powder)

Lettuce

Place on baking sheet in single layer. Bake approximately 20 min or until cauliflower is cooked through and chickpeas are crispy

#### **Step 4**

Divide the lettuce into 4 bowls. Top with cauliflower mixture. Garnish with tomatoes, cucumber, onion and optional toppings as you like! Optional—serve with couscous or pita bread.

## **NUTRITION**

Calories: 240

Fat: 11g

Saturated Fat: 2g

Protein: 11g

Carbohydrates: 30g

Fiber: 10g

Sodium: 384mg