Bodacious Buffalo Cauliflower Tacos

by Cauliflower Crusaders

Twin Valley Middle High School

**List of Ingrediants**

Taco Shells: 3 cups Flour, 1 teaspoon Salt, 1 teaspoon Baking Powder, 1/3 cup, Extra Virgin OO, 1 cup warm water

Cauliflower- cut 4 heads cauliflower into bite size pieces, toss in a mixture of 4 ounce melted butter, 1 1/2 cup Frank's Hot Sauce, 1 tsp garlic powder and 1 ounce bbq sauce.

Quick Pickled Cabbage- Ingredients -1 head of shredded red cabbage. 2 cup Rice Vinegar, 1 cup honey, 1 cup water 1 tablespoon salt, and one tablespoon whole coriander seed

Mild Cheddar Cheese

3 Pepper Pico- Ingredients 1/2 cup diced red, green, yellow peppers (making 1 1/2 cups total) 1/4 cup diced red onion, 1 clove minced garlic. 1 tablespoon minced fresh cilantro, zest and juice from 1 lime, 1 teaspoon olive oil

Ranch Dressing-Ingredients- 1/4 cup plain yogurt, 1/2 cup sour cream, 1/2 cup mayonnaise, 1/4 cup buttermilk, 1 teaspoon soy sauce, 1 teaspoon fresh lemon juice, 1 teaspoon garlic powder, 1/2 teaspoon onion powder, 1 teaspoon black pepper, 1 teaspoon chopped fresh dill, 1 teaspoon chopped fresh parsley, 1/2 teaspoon thyme, 1 teaspoon salt

**Recipe Instructions**

Taco Shells: Preparation combine flour and baking powder in a bowl and stir well

Mix all ingredients into a shaggy ball.

Knead dough 1-2 minutes on a lightly floured work surface.

Separate dough in to 1 ounce balls

Allow to rest, covered at least 15 minutes

Roll dough balls into a rough circle and cook in a medium hot pan for 1-2 minutes on each side.

Keep warm.

Cauliflower: Combine and Spread on sheet pan and roast 30 minutes, stirring once

Quick Pickled Cabbage: Combine vinegar, Whole coriander, honey, salt, and water. Heat until salt and honey dissolve and pour over cabbage

Shred mild cheddar cheese

3 Pepper Pico: Combine all ingredients

Ranch Dressing-Combine all ingredients

Garnish with Arugula