

Mexican Roasted Cauliflower Salad

Yield: 6 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-roasted-cauliflower-recipe>

Ingredients:

- 1 head cauliflower chopped, approx. 4-5 cups
- 3 tablespoons olive oil
- 1 1/2 teaspoons ground cumin
- 1/4 teaspoon chili flakes optional
- 3/4 teaspoon red pepper cayenne
- 3/4 teaspoon salt each , and pepper, plus more to finish
- 2 avocado cubed
- 3 tablespoons lime juice
- 1 cup cooked quinoa red for color
- 1/4 cup cotija cheese crumbled, /queso fresco cheese*
- lime wedges for garnish, optional

Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 21 grams
3. Cholesterol: 10 milligrams
4. Fat: 20 grams
5. Fiber: 8 grams
6. Protein: 8 grams
7. SaturatedFat: 4 grams
8. Sodium: 450 milligrams
9. Sugar: 3 grams

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