



# BARBECUE CAULIFLOWER NACHOS

November 6

National Nachos Day




## INGREDIENTS

- 8 Ounces Tortilla Chips (enriched or whole grain rich)
- 2 Tablespoons Oil
- ½ Red Onion (sliced)
- ½ Cup Barbecue Sauce
- 2 Pounds Cauliflower Head (medium; trimmed into small florets)
- ½ Teaspoon Salt

## DIRECTIONS

1. Preheat oven to 415°.
2. Add 1 tablespoon of oil to a skillet and cook the onions until brown.
3. Add the 2 tablespoons of the barbecue sauce to the skillet, turn down the heat and let the onions caramelize in the pan.
4. Grease a large baking tray with the remaining tablespoon of oil and spread the cauliflower florets out. Season with salt.
5. Roast cauliflower for 20-25 minutes, then mix with remaining barbecue sauce
6. Serve by layering chips, cauliflower and onion.

## MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Vegetable
-  Grain

## MEAL TYPE

-  Snack

## YIELD

8 Servings

## PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Ounce Chips + ½ Cup Vegetable	½ Ounce Chips + ½ Cup Vegetable	1 Ounce Chips + ¾ Cup Vegetable	1 Ounce Chips + ½ Cup Vegetable