

Air Fryer Chickpea Tacos



Craving a taco meal that aligns with your health goals? Here's the recipe you need! With less than 500 kcal per serving, these vegetarian tacos are not only light and high in protein to support weight loss: they also contain 12g of dietary fiber, covering 50% of your daily needs, to support your digestion and reduce cholesterol. A delicious and responsible choice to delight your taste buds.

Enjoy your meal!

Preparation 10 min

Cooking 20 min

Servings 4

Nutrition Facts (per serving)

Calories 500

Fat 18

Carbohydrates 59

Fibre 12

Protein 25

Sodium 110

Ingredients

Sauce

- 1 lime
- 85 ml (? cup) of 0% m.f. natural Greek yogurt

- Pepper and salt, to taste

Tacos

- 1 L (4 cups) of cauliflower in small florets
- 1 can of 540 ml chickpeas, rinsed and drained
- 7.5 ml (½ tbsp) of smoked paprika
- 7.5 ml (½ tbsp) of chili powder
- 2.5 ml (½ tsp) of garlic powder
- 2.5 ml (½ tsp) of onion powder
- 15 ml (1 tbsp) of olive oil
- 4 large whole grain tortillas (or 8 small ones)

Toppings

- 500 ml (2 cups) of shredded red cabbage
- 500 ml (2 cups) of grated mozzarella cheese with less than 20% m.f. (about 120g - 4oz)
- 60 ml (¼ cup) of chopped cilantro

Preparation

1. In a small bowl, zest and juice half of the lime. Reserve the other half of the lime.
2. Mix the rest of the sauce ingredients. Reserve in the refrigerator.
3. In a large bowl, mix the cauliflower, chickpeas, spices, and oil.
4. Place the mixture in the basket of the hot air fryer and cook for 15 to 20 minutes, shaking the basket halfway through for even cooking.
5. Top each tortilla with red cabbage, followed by the chickpea and cauliflower mixture. Add the sauce, grated cheese, and cilantro.
6. Cut the remaining half lime into wedges and serve with the tacos.

To obtain "hard taco shells":

1. Preheat your oven to 400°F (200°C).
2. Place a standard muffin pan upside down to use the back of the mold, then insert the tortillas into the spaces between the cups of the mold, folding them to form a taco shell shape.
3. Bake for 8 to 10 minutes or until golden and crispy.
4. Remove the shells and let cool on a rack.

Notes

Keeps for 5 days in the refrigerator, in an airtight container. Do not freeze.



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