

Momma G's Mock-a-Ritas

1+ servings, 10 minutes



Pro Tip!

You can prepare simple syrup ahead of time and store it in your fridge for future use!

1 Combine all ingredients together. Shake or stir ingredients to mix.

2 Optional – wet rim of glass(es) with lime juice or water. Dip wet rim of glasses into a plate of sugar or salt. The rim of the glass should be covered with sugar or salt now.

3 Pour your mock-a-rita into a glass with a generous amount of crushed ice. Enjoy with your favorite Mexican food!



Ingredients

1 glass (serves 1):

- 1 Tbsp. lime juice (or juice of ½ lime)
- 1 Tbsp. orange juice
- 2 to 3 Tbsp. simple syrup**
- ½ Cup Tonic Water

1 Pitcher (serves 8):

- ½ cup lime juice (or juice of 4 limes)
- ½ cup orange juice
- 1 ¼ cups of simple syrup**
- 4 cups tonic water

To make **simple syrup bring equal parts sugar and water (ex: 2 cups water and 2 cups sugar) to boil on the stove, remove, and cool

Roasted Cauliflower Taco Bowls

4 servings, <\$20 total, 1 hour



Need to save time (or energy)?

Make simple cilantro-lime ranch by combining ½ cup store-bought ranch with 1 T lime juice, 1 green onion (chopped) and 1 T. cilantro (chopped).

Use a store-bought taco seasoning instead of making your own.

- 1 Preheat oven to 400 °F.
Prep the cilantro-lime ranch by combining all cilantro-lime ranch ingredients. Refrigerate until ready to use.

- 2 In a separate small bowl, combine the ingredients for the taco seasoning.
Drizzle 2 T. olive oil over the cauliflower, followed by the taco seasoning, then toss until the cauliflower is evenly coated.
Spread the seasoned cauliflower over a baking sheet covered with foil. Roast the cauliflower in the oven for 20-30 minutes, or until it's brown and crispy on the edges.

- 3 While the cauliflower cooks, make 4 servings of rice according to package instructions.



Ingredients

Cilantro-lime ranch

- 1/4 cup mayonnaise
- 1/4 cup sour cream
- Juice of 1/2 lime (or 1 T. lime juice)
- 1/4 tsp garlic powder
- 1/8 tsp onion powder
- 1 Tbsp finely chopped cilantro
- 1 green onion, chopped
- 1/4 tsp salt

Taco seasoning

- 1/2 Tbsp chili powder
- 1/2 tsp smoked paprika
- 1/2 tsp ground cumin
- 1/8 tsp cayenne pepper
- 1/4 tsp dried oregano
- 1/4 tsp salt
- freshly cracked pepper

Bowl Ingredients

- 1 head cauliflower, chopped
- 3 Tbsp olive oil, divided
- 4 servings of rice
- 15 oz. can black beans
- 1 cup frozen corn
- 1 pint grape tomatoes
- Cilantro and sliced green onion for garnish

Recipe and pictures from:

<https://www.budgetbytes.com/roasted-cauliflower-taco-bowls/>

Roasted Cauliflower Taco Bowls

4 servings, <\$20 total, 1 hour



Want to change things up?

Don't like these bowl ingredients? Try red onion, avocado, jalapeno, salsa, cheese, lettuce, or bell peppers!

Not a fan of spice?

Leave out (or reduce) the cayenne.

Got Kids?

Let them help you measure ingredients, chop veggies, mix things up, toss the cauliflower with the taco seasoning, or set the table.

If you've got some picky eaters, try setting up a build your own bar, and let kids choose their own personal combo of toppings!

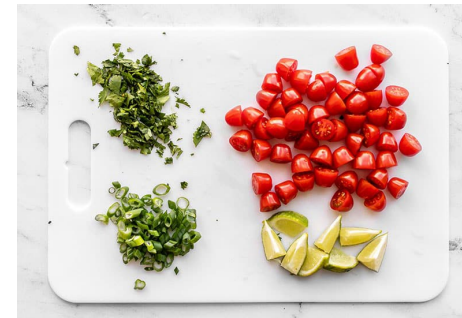
4 While the cauliflower and rice cook...
Add the undrained can of black beans to a small sauce pot and heat over medium-low, stirring occasionally, until heated through.



5 While cauliflower, rice, and beans cook....
Add 1 Tbsp olive oil to a large skillet and heat over medium. Once the oil is hot, add the frozen corn. Cook the corn, stirring only occasionally, until it is browned and blistered (about 7-8 minutes). Season with a pinch of salt and pepper.



6 Slice the grape tomatoes, roughly chop the cilantro, and slice a green onions for garnish.



7 To build the bowls, divide the cauliflower, rice, beans, corn, and tomatoes between four bowls. Top with a pinch of cilantro, and a few green onion. Drizzle the cilantro lime ranch over top just before eating.

Alternatively, you can keep ingredients separate, and create a "build your own" cauliflower taco bowls bar (see picture at top left)!

Ingredients

Cilantro-lime ranch

- 1/4 cup mayonnaise
- 1/4 cup sour cream
- Juice of 1/2 lime (or 1 T. lime juice)
- 1/4 tsp garlic powder
- 1/8 tsp onion powder
- 1 Tbsp finely chopped cilantro
- 1 green onion, chopped
- 1/4 tsp salt

Taco seasoning

- 1/2 Tbsp chili powder
- 1/2 tsp smoked paprika
- 1/2 tsp ground cumin
- 1/8 tsp cayenne pepper
- 1/4 tsp dried oregano
- 1/4 tsp salt
- freshly cracked pepper

Bowl Ingredients

- 1 head of cauliflower, chopped
- 3 Tbsp olive oil, divided
- 1 cup long grain white rice
- 1 1/2 cups water
- 15 oz. can black beans
- 1 cup frozen corn
- 1 pint grape tomatoes
- Cilantro and sliced green onion for garnish

Recipe taken from:

<https://www.budgetbytes.com/roasted-cauliflower-taco-bowls/>

Explore More

Did you like the Mock-a-rita?

- Check out these other mock-tails from Cooking Light magazine:
 - <https://www.cookinglight.com/entertaining/summer-mocktail-recipes>
 - <https://www.cookinglight.com/drinks/mocktails-for-sober-september>

Did you like the Roasted Cauliflower Taco Bowl?

- Try more cheap and easy vegetarian recipes (or other inexpensive recipes) from Budget Bytes!
 - <https://www.budgetbytes.com/category/recipes/vegetarian/>
 - <https://www.budgetbytes.com/>

The Journey

- **Trying a meatless meal**

- *Health benefits*

- According to Mayo Clinic, vegetarians generally eat fewer calories and less fat, weigh less, and have a lower risk of heart disease than nonvegetarians do. Plus, vegetarian diets tend to be cheaper and less harmful to the environment. That said, always talk to your doctor before making major long-term dietary changes like switching to a totally vegetarian diet!
 - If you aren't ready to give up meat entirely, though, we've got good news! Even reducing meat intake by practicing "Meatless Monday" for example, can be beneficial for your health, the environment, and your wallet!
 - Meanwhile, research shows that people who eat red meat or processed meats are at an increased risk of death from heart disease, stroke or diabetes.

- *Spiritual connection*

- How did choosing to cook a meatless meal connect you to yourself, community, world, and/or God?

- **The Journey**

- *Track your miles at <http://shephills.org/thejourney>*

- 1 meatless meal = 1 mile

- **Interact**

- *Send in a picture of you cooking or enjoying this recipe!*
 - *What did you like best about this recipe?*

The Journey

- **Giving up alcohol for one day**

- *Health benefits*

- Previous research has found consuming more than five drinks a week can increase your chance for cardiovascular disease, with some experts equating alcohol to the dangers of smoking. Some of the latest research from the Lancet has determined no amount of alcohol is healthy, supporting other studies that have found cutting out alcohol can help lower liver fat, improve blood sugar, and lower cholesterol.
 - Check out the CDC, WHO, Lancet, and Mayo Clinic's websites for more information!

- *Spiritual connection*

- How did giving up alcohol for the day connect you to yourself, community, world, and/or God?

- **The Journey**

- *Track your miles at <http://shephills.org/thejourney>*

- Giving up alcohol for 1 day = 1 mile

- **Interact**

- *Send in a picture of you enjoying this mock-tail!*
 - *What did you like best about this recipe?*

Sources

- <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/meatless-meals/art-20048193>
 - <https://newsnetwork.mayoclinic.org/discussion/mayo-clinic-q-and-a-considering-switching-to-a-vegetarian-diet/>
 - <https://www.nih.gov/news-events/nih-research-matters/vegetarian-diets-linked-lower-mortality>
 - <https://www.health.harvard.edu/staying-healthy/becoming-a-vegetarian>
 - <http://escambia.floridahealth.gov/programs-and-services/wellness-programs/health-messages/meatless-monday/index.html>
 - <https://www.bbc.com/future/article/20200211-why-the-vegan-diet-is-not-always-green>
-
- <https://www.cookinglight.com/drinks/mocktails-for-sober-september>
 - <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/alcohol/art-20044551>
 - <https://www.thelancet.com/article/S0140-6736%2818%2931571-X/fulltext>
 - <https://www.nytimes.com/2019/05/16/magazine/how-much-alcohol-can-you-drink-safe-health.html>
 - <https://www.who.int/news-room/fact-sheets/detail/alcohol>
 - <https://www.cdc.gov/alcohol/fact-sheets/alcohol-use.htm>