

# Vic and Christine's Cauliflower Nachos

## INGREDIENTS

- 2-3 tablespoons olive oil
- 1 small cauliflower, cut into 1 inch pieces
- 1 green pepper, diced
- 1 medium onion, diced
- 2-3 cloves garlic, minced
- 2 tablespoons chili powder
- 2 teaspoons cumin
- ½ teaspoons oregano
- ¼-½ tsp red pepper flakes, to taste
- 1 pound red meat (we've tried beef, lamb, venison & boar and they're all great)
- 8 oz can tomato sauce
- ¼-½ cup beef broth
- ½ cup pickled jalapenos
- 1 ½ cups shredded cheddar cheese
- Chips for dipping

## DIRECTIONS

1. Sauté cauliflower, green pepper, onion and garlic with olive oil in a large skillet over medium/high heat for five minutes. Season with salt and pepper to taste.
2. Add your meat to the vegetables and cook until the meat is browned.
3. Add your spices (chili powder, cumin, oregano & pepper flakes) and the tomato sauce to the pan. Stir to combine.
4. Pour ¼ cup of the broth over the veggie mixture and simmer about 10-15 minutes until the vegetables are cooked through. If the mixture starts to dry out you can add more of the broth.
5. Once the vegetables are fork-tender sprinkle the pan with pickled jalapeños and cover with cheese. Allow the cheese to melt.
6. Serve with tortilla chips for dipping or cover the chips for nachos.



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### What is the most exciting part about working with JPSS?

The most exciting thing about working with JPSS is the people! This is a great team and I learn something new every day from everyone—we are like a family here and that is really refreshing. If I had to choose something else, I would say that it would be the mission—getting our current satellites up while planning for the future. When I tell people that we are planning out through 2040, they are gob smacked by that type of advanced planning, and that always makes me smile.



### Why did you choose a career in STEM?

What moved me to study STEM (I'm giving away my age here) was watching the Apollo moon landings, seeing all the exciting growth in space activities over the years, and having the chance to see the stars in a dark area of the county. These things helped move me to have a strong interest in science. I was fortunate to get encouragement and support from my family which helped move me in that direction.

### Why is this recipe a family favorite?

We definitely love our cheesy, meaty dinners, but this recipe is low-fat, has tons of fiber and vegetables in it, and tastes just as good as the really greasy fast-food versions. Plus, it's really a complete meal that's ready in under 30 minutes, allowing us to keep our fast-paced lifestyle.



### Why is access to healthy food important to your family?

We value our health, and food is one of the most important ways we look after ourselves. Sometimes it can be difficult to fit in workouts, or enough sleep, or doctor visits, but we always try and pack healthy lunches and eat a hearty, veggie-heavy dinner together. We enjoy healthy recipes that taste good and use lots of colorful produce. It can be expensive, but we try and shop locally and buy what's in season and are fortunate to live in an area where we can get all kinds of fresh, whole foods. Eating a healthy diet makes us feel better and have more energy.



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