

Buffalo Cauliflower Bites

A spicy kick to get your party started



INGREDIENTS:

- 1 medium cauliflower, cut into bite-size pieces
- 1/2 cup flour
- 1/2 cup water
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 2 tablespoons butter, melted
- 2/3 cup Buffalo hot sauce

DIRECTIONS:

1. Preheat oven to 450 degrees, spray large cookie sheet with cooking spray and set aside.
2. In a large bowl whisk together flour, water, garlic powder, salt and pepper. Add cauliflower florets and toss to coat. Spread evenly on cookie sheet and place in the oven. Bake for 15 minutes, flipping once. Remove from the oven.
3. In a separate bowl, stir together melted butter and buffalo sauce. Add baked cauliflower and toss to coat. Spread evenly onto cookie sheet. Place back in the oven and bake for 25-30 minutes or until crispy, flipping once.
4. Remove from oven and let sit 10 minutes before serving.
5. Serve with your favorite low-fat dressing and enjoy!

Credit: Real Housemoms



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