RECIPE OF THE WEEK

Roasted Buffalo Cauliflower Bites

Ingredients

- 1 head of cauliflower
- 5 tbsp. olive oil
- 1 tsp. extra virgin olive oil
- 1 tsp. garlic powder
- -1tsp. paprika

- 1 tsp. chili powder
- 1/2 tsp. kosher salt
- 2 tbsp. of your favorite hot wing sauce



Preparation

- 1. Wash the cauliflower head and break it up into small florets
- 2.Preheat oven to 425°F
- 3. Pour some olive oil into cauliflower florets and mix well
- 4. Mix garlic powder, paprika, chili powder, and salt in a small bowl
- 5. Add this spice mixture over the cauliflower florets and mix well
- 6. Make sure all the florets are coated in the spices
- 7. Put the cauliflowers on a rimmed baking sheet
- 8. Roost for 20 minutes
- 9. Add wing sauce and serve
- 10. You add your favorite blue cheese dressing for dipping
- 11. Makes about 2 cups
- 12. Enjoy!