

BBQ CAULIFLOWER BITES



SERVING SIZE

2



INGREDIENTS

ITEM

4 cups Cauliflower Florets
Olive Oil
Salt
Pepper
BBQ Sauce (Approved Bbq Sauce)

QUANTITY

4 Cups
½ Tbsp.
To Taste
To Taste
¾ cup



PREPARATION

- ✔ Preheat oven to 450°F (232°C).
- ✔ Wash the cauliflower florets and dry them thoroughly. It's important to remove excess moisture to ensure they get crispy in the oven.
- ✔ In a large mixing bowl, combine the cauliflower florets, olive oil, salt, and pepper. Toss the cauliflower well to ensure the seasoning and oil are evenly distributed.
- ✔ Spread the seasoned cauliflower florets out in a single layer on a baking sheet. Make sure they are not crowded.
- ✔ Place the baking sheet in the preheated oven and roast for about 20-25 minutes, or until the cauliflower begins to turn golden brown and becomes tender.
- ✔ Remove the cauliflower from the oven and transfer it back to the mixing bowl.
- ✔ Pour the BBQ sauce over the roasted cauliflower and toss until the cauliflower is evenly coated in the delicious sauce.
- ✔ Place the BBQ-coated cauliflower back onto the baking sheet and return it to the oven for an additional 5-10 minutes. This step allows the BBQ sauce to caramelize and stick to the cauliflower.
- ✔ Once the BBQ cauliflower bites are hot and slightly crispy with a sticky BBQ glaze, remove them from the oven.
- ✔ Enjoy!