

Buffalo Cauliflower Bites

This is a delicious, low-calorie and vegan-friendly savory side dish that the whole family will enjoy!

Makes: 6 servings
 Prep Time: 10 mins
 Cook Time: 20 mins

Source: www.eatingwell.com/recipe/sriracha-buffalo-cauliflower-bites

Ingredients

- 8 cups 1 1/2-inch cauliflower florets
- 3 tablespoons extra-virgin olive oil
- 1/4 teaspoon salt
- 1-2 tablespoons Sriracha or other hot sauce, to taste
- 1/2 teaspoon black pepper
- 1 tablespoon lemon juice
- Cooking oil spray

Directions

1. Preheat oven to 450°F. Coat a large rimmed baking sheet with cooking spray.
2. Toss cauliflower, oil and salt in a large bowl. Spread on the prepared baking sheet; reserve the bowl. Roast the cauliflower until it's starting to soften and brown on the bottom, about 15 minutes.
3. Meanwhile, combine hot sauce to taste, black pepper, and lemon juice in the large bowl. Add the roasted cauliflower and toss to coat. Return the cauliflower to the baking sheet and continue roasting until hot, about 5 minutes more.



Small Changes,
 BIG Difference!



Nutrition Information

Serving Size: 3/4 cup	
Nutrients	Amount
Calories:	99
Total Fat:	7 g
Saturated Fat:	2 g
Cholesterol:	5 mg
Sodium:	288 mg
Total Carbohydrates:	8 g
Dietary Fiber:	3 g
Total Sugars:	3 g
Protein	3 g

Utensils Needed

- Cutting board
- Sharp knife
- Measuring cups
- Measuring spoons
- Large mixing bowl
- Mixing spoon
- Large rimmed baking sheet

SHOPPING LIST

Average total cost without oil and seasonings: \$6.48

Average cost/serving: \$1.08

Recipe Makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
1 Head Cauliflower



Add 1 to Cart
Lemon Juice



Add 1 to Cart
Hot Sauce

SAVE TIME, SAVE MONEY

My Cooking Notes

Produce Tips: Cauliflower

- Cauliflower can be stored in a plastic bag with holes, a paper bag, or an open container for up to a week in the crisper drawer of the refrigerator.
- Cauliflower can be frozen. For best quality, blanch and cool; package in airtight containers or bags; date the package and use within a year.

Similar Recipes

- Consider trying other recipes with similar ingredients found on snapedny.org, such as:
 - Asian Roasted Cauliflower
 - Baked Cauliflower Tots
 - No-Crust Cauliflower Quiche