



Buffalo Cauliflower Bites

Prep Time: 10 minutes **Cook Time:** 20 mins **Serves:** 4

Recipe Description A great, inexpensive, alternative to buffalo wings. Great for game-day!

Ingredients:

- One head of cauliflower cut into bite-sized pieces
- ½ cup flour
- ½ cup of water
- 1 teaspoon garlic powder
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 2 tbsp unsalted butter - melted
- ⅔ cup buffalo sauce

Directions:

1. Preheat oven to 450 degrees F. Spray a large baking sheet with non-stick cooking spray and set aside
2. In a large bowl whisk together flour, water, garlic powder, salt, and pepper
3. Add cauliflower florets and toss to coat evenly.
4. Spread cauliflower evenly onto your prepared baking sheet and place in the oven.
5. Bake for 15 minutes, flipping once.
6. Remove cauliflower from the oven but leave the oven ON
7. In a separate bowl stir together melted butter and buffalo sauce
8. Add cauliflower and toss to coat evenly.
9. Spread evenly onto the baking sheet, place back in the oven and bake for 25-30 minutes or until crispy, flipping once
10. Remove from the oven and let sit 10 minutes before serving warm or at room temperature. Serve with your favorite dressing for dipping.

Nutrition Facts	
4 servings per container	
Serving size	(209g)
Amount Per Serving	
Calories	150
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 1490mg	65%
Total Carbohydrate 20g	7%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 40mg	2%
Iron 1.4mg	8%
Potassium 470mg	10%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: CAULIFLOWER, FRANK'S RED HOT ORIGINAL BUFFALO SAUCE, ENRICHED UNBLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE, RIBOFLAVIN, FOLIC ACID), BUTTER (CREAM, NATURAL FLAVOR), GARLIC POWDER, SALT, BLACK PEPPER

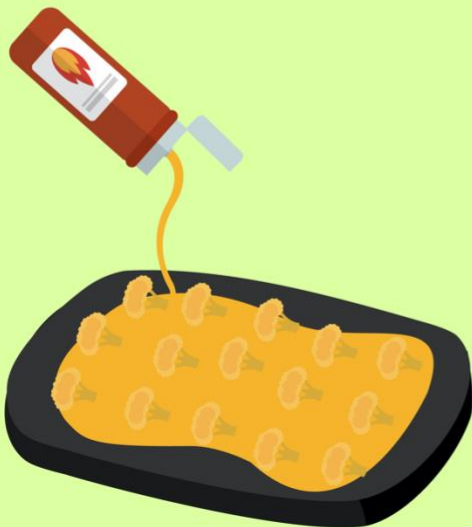
Source: Real Housemoms, Crissy Cavanaugh

BUFFALO CAULIFLOWER BITES



1. Add Flour, Water, Salt, Pepper, Garlic Powder and whisk them together

2. cover cauliflower in mixture, and bake in preheated oven at 450 degrees F. for 15 mins



3. cover cauliflower with buffalo sauce and bake again for another 25-30 mins



Buffalo Cauliflower Bites

Easy Game
Day Favorite



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Recipe in Description



Serves: 4

Prep time: 5 Minutes

Cook time: 45 Minutes

Ingredients



One head of cauliflower
cut into bite sized pieces



1/4 cup flour



1/2 cup of water



1 tsp garlic salt
1/2 teaspoon salt
1/4 teaspoon black pepper



2 tbsp unsalted
butter - melted



2/3 cup buffalo sauce



dipping sauce

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11/8 - 11/14/2020



Pillsbury All Purpose Flour

\$1.99



Cabot Butter Quarters

\$2.99



Wishbone Salad Dressing

2 FOR \$4