



Baked Buffalo Cauliflower “Wings”

Recipe from www.centercutcook.com



Ingredients

- 1 head of cauliflower
- 1/2 cup milk
- 1/2 cup water
- 3/4 cup all-purpose flour
- 1 tsp. garlic salt
- 1/2 tsp. celery salt
- 1/2 Tbsp. paprika
- 1/4 tsp. salt
- 1/4 tsp. ground pepper
- 2 Tbsp. unsalted butter
- 1/2 cup hot sauce



Directions

1. Preheat the oven to 450F and line a large baking tray with a silicon mat or baking parchment.
2. Cut the cauliflower into chunky florets and put to one side.
3. Add the milk, water, flour, garlic salt, celery salt, paprika, salt and pepper to a large bowl. Mix it all together and add the cauliflower florets.
4. Toss together to completely cover the florets, then use a slotted spoon to lift the florets out of the mixture. Place the florets on the prepared baking tray, leaving a little room between each (don't just tip the bowl out, or you'll end up with a pool of excess batter all over your tray)
5. Place in the oven and cook for 20 minutes, turning once after 10 minutes.
6. Melt the butter in a pan or the microwave and stir in the hot sauce.
7. Remove the cauliflower from the oven and brush the hot sauce mixture all over the cauliflower. Turn the cauliflower over to get it completely covered in the sauce.
8. Place back in the oven for 10-15 minutes until dark golden. When done serve with your favorite dip.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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Fast Facts



Featured Food Groups



Cooking Tips



- Serve with your favorite dip, grilled vegetables, bread or crackers

Yield: 4 cups

Serving Size: 1 cup

Total Cost: \$3.75

Serving Cost: \$0.96

Nutrition Facts



Nutrition Facts	
4 servings per container	
Serving size	1 cup
Amount Per Serving	
Calories	190
<small>% Daily Value*</small>	
Total Fat 7g	9%
Saturated Fat 4g	20%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 2g	
Cholesterol 20mg	7%
Sodium 240mg	10%
Total Carbohydrate 27g	10%
Dietary Fiber 4g	14%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Sugar Alcohol 0g	
Protein 7g	14%
Vitamin D 0mcg	0%
Calcium 78mg	6%
Iron 2mg	10%
Potassium 545mg	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.

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