



The Kitchen at Second Harvest Baked Cauliflower "Wings" try at home recipe

Recipe modified from Center Cut Cook

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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 450°F and line a large baking tray.
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 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, or whatever sauce you prefer.
7. Remove the cauliflower from the oven and brush the 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.

Yield: 4 cups

Serving Size: 1 cup



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and ways to get involved!



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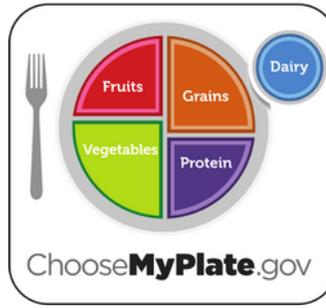


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Featured Food Groups

The benefits of healthy eating add up over time, bite by bite. Small changes matter. Start Simple with MyPlate.

A healthy eating routine is important at every stage of life. It can have positive effects that add up over time. It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified alternatives. When deciding what to eat or drink, choose options that are full of nutrients. Make every bite count.



Any **vegetable** or 100% vegetable juice counts as part of the Vegetable Group. Vegetables may be raw or cooked and can be fresh, frozen, canned, or dried. They can be whole, cut-up, or mashed.



The **Dairy** Group includes milk, yogurt, cheese, lactose-free milk and fortified soy milk and yogurt.

Cooking Tips

- Instead of hot sauce, try BBQ sauce, sweet chili sauce, or mustard for a different flavor.
- Serve with your favorite dip, grilled vegetables, bread or crackers.

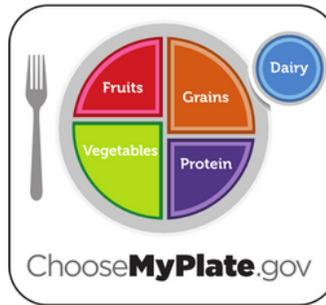
Second Harvest is an equal opportunity provider.



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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%
Protein 7g	14%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%
<small>*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.</small>	

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Cholesterol 20mg	7%
Sodium 240mg	10%
Total Carbohydrate 27g	10%
Dietary Fiber 4g	14%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 7g	14%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
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