

BEYOND HUNGER

CAULIFLOWER WINGS

This cauliflower wing recipe is a great appetizer for vegetarians, vegans, and meat eaters alike! It's delicious enough that even chicken wing fans will be excited to give it a try. Cauliflower is high in fiber, which is great for heart health.

Yield: 4 servings

Serving Size: 1 portion

Ingredients:

- 1 medium **cauliflower**, cut into large florets
- 4 tablespoons **olive oil**, divided
- 2 teaspoons **garlic powder**
- 1 teaspoon **salt**
- 1/2 teaspoon **black pepper**
- 1/3 cup hot sauce, such as **Frank's Red Hot**

Instructions:

1. Preheat the oven to 475°F. Place the cauliflower on a rimmed baking sheet.
2. Drizzle cauliflower with 3 tablespoons of the oil and toss to combine. Sprinkle with the garlic powder, salt, and pepper, and mix until evenly coated. Arrange in an even layer.
3. Roast until golden-brown and beginning to crisp, about 15 minutes. Meanwhile, whisk the hot sauce and remaining 1 tablespoon oil together in a small bowl or liquid measuring cup.
4. Remove the cauliflower from the oven. Pour the hot sauce mixture over the cauliflower and use a spatula to toss until the florets are evenly coated. Return to the oven and roast until crispy, about 5 to 10 minutes more.
Cauliflower wings are best eaten immediately.

Optional toppings: Dip in ranch, Greek yogurt dip, or with a side of celery.

Per Serving: Calories 163kcal, Carbohydrates, 8.6g, Protein 3.1g, Saturated Fat 2.2g, Sodium 657.8 mg, Fiber 3.2 g, Sugars 2.8 g
This recipe was adapted from Easy 3-Ingredient Buffalo Cauliflower Bites on thekitchn.com.