



BUFFALO CAULIFLOWER “WINGS”

A healthy and yummy low carb snack for tailgates!

From the Kitchen of DBC Erica L

INGREDIENTS:

- 6 c. Cauliflower florets
- 2 t. Garlic salt or garlic powder
- Dash of black pepper
- 1 T. Butter
- 1 c. Buffalo sauce of your choice
(I use Frank's RedHot)

DIRECTIONS:

1. Preheat oven to 450°F.
2. Spray baking sheet (I use olive oil).
3. Mix the garlic salt (or powder), pepper, butter, and buffalo sauce together in a bowl.
4. Put the cauliflower in a large ziplock bag, then pour the sauce into the bag and shake until the florets are fully coated.
5. Spread the florets on your baking sheet.
6. Bake for 20 minutes.
(Add more time if you prefer your “wings” extra crispy!!)
7. Serve with ranch dressing, celery and carrots!