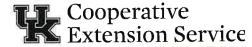
Cauliflower Bites

Servings: Makes 8 servings Serving Size: 1/2 cup bites Recipe Cost: \$3.87 Cost per Serving: \$0.48







Ingredients:

- · Nonstick cooking spray
- 1/2 cup all-purpose flour
- 1/2 cup water
- 1 teaspoon garlic powder
- 3 tablespoons Buffalo sauce
- 1 head cauliflower, cut into florets
- · 1 tablespoon butter, melted
- 2 tablespoons olive oil

Directions:

- 1. Preheat oven to 450 degrees F. Prepare a baking sheet with nonstick spray.
- 2. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
- 3. Gently rub cauliflower under cool, running water before preparing.
- 4. In a large bowl, combine flour, water, garlic powder, and Buffalo sauce. Stir until smooth.
- 5. Gently fold in cauliflower florets to evenly coat with batter.
- 6. Arrange florets in a single layer on the baking sheet. Do not overcrowd the pan (use two pans if needed). Bake for about 20 minutes or until golden.
- 7. In a small bowl, combine melted butter and olive oil.
- 8. Remove pan from oven. Drizzle the melted butter and oil mixture over the cauliflower. Gently toss until evenly coated.
- 9. Return tray to oven to bake for another 20 minutes or until the cauliflower begins to crisp.
- 10. Serve with your favorite dressing and a few dashes of Buffalo sauce, if desired. Refrigerate leftovers within 2 hours.

Source: Jacqui Denegri, Fayette County NEP Assistant Senior, University of Kentucky Cooperative Extension Tips

Air Fryer Version

- 1. Follow steps 2-5 above.
- 2. Make one layer of florets in the air fryer basket.
- 3. Set the air fryer to 355 degrees F for 12 minutes, tossing florets halfway through.
- 4. Remove to bowl.
- 5. Drizzle melted butter and olive oil over the cauliflower.
- 6. Return florets to air fryer basket. Cook again at 355 degrees F for 5 to 7 more minutes or until florets begin to crisp.
- 7. Repeat steps to cook the remaining florets.
- 8. Serve with your favorite dressing and a few dashes of Buffalo sauce, if desired. Refrigerate leftovers within 2 hours.

Nutrition facts per serving: 100 calories; 5g total fat; 1.5g saturated fat; 0g trans fat; 5mg cholesterol; 220mg sodium; 11g total carbohydrate; 2g dietary fiber; 2g total sugars; 0g added sugars; 3g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 6% Daily Value of potassium