

Buffalo Cauliflower (Steamed)

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Yield

50 Servings

100 Servings

Skill Level: Advanced

Ingredients	Weight	Measure	Weight	Measure
Cauliflower florets, ready-to-use OR Cauliflower, fresh, whole	5 lbs. 8 oz. OR 8 lbs. 4 oz.		11 lbs. OR 16 lbs. 8 oz.	
Olive oil		1/3 cup		2/3 cup
Garlic powder		2 1/2 Tbsp.		3 1/3 cup
Salt		1/2 tsp.		1 tsp.
Black pepper		1/2 tsp.		1 tsp.
Buffalo "wing" sauce (not hot sauce)		1 2/3 cups		1 pint + 1 1/3 cups

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP- Standard Operating Procedure - Wash all produce before starting this recipe.

Preparation

1. If using whole cauliflower, trim into florets.
2. Mix cauliflower florets, garlic powder, salt and pepper in a bowl until cauliflower is well coated.

Do not add wing sauce here.

3. Place cauliflower in steam table pans, add water and cover with a lid.
4. Steam cauliflower for approximately 5 minutes until cooked.
HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.
5. Remove from steamer and toss with hot sauce until evenly coated.
6. If necessary, transfer cauliflower to appropriate serving pans and hold in warmer until meal service.
HACCP Critical Control Point: Hold at 135°F or above.

Serving Information

Use 4 ounce spoodle to provide 1/2 cup other vegetable.

Nutrition Information per 1/2 cup serving *From USDA Nutrient Database

Calories: 50 Total Fat: 4g Saturated Fat: 0g Monounsaturated Fat: 2g Polyunsaturated Fat: 0g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 4g Fiber: 4g Total Sugar: 2g Protein: 2g Sodium: 177mg Vitamin A: 1µg
Vitamin C: 32mg Calcium: 13mg Iron: 0mg Folate: 32µg



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