

Cauliflower Buffalo Wings

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 8

Serving Size: 8 ounces (4 ounces cauliflower, 2 ounces ranch, 1 ounce carrot sticks, 1 ounce celery sticks)

Ingredients	Quantity	Measure
Chickpea flour or all-purpose flour	1	cup
Water	$\frac{3}{4}$	cup
Salt	$\frac{1}{4}$	teaspoon
Garlic powder	$\frac{1}{4}$	teaspoon
Paprika	$\frac{1}{4}$	teaspoon
Cauliflower florets	6	cups
Oil cooking spray	as	needed
Frank's Red-Hot buffalo wing sauce	1	cup
Carrot sticks	24	sticks
Celery sticks	24	sticks
Non-dairy ranch dressing (see recipe)	16	ounces

Preparation

1. Preheat oven to 450 degrees.
2. Combine flour, water, salt, garlic powder, paprika and whisk until combined.
3. Dip cauliflower in batter and place a wire rack and allow excess batter to drip. Line baking sheets with parchment paper and spray with baking spray. Place cauliflower on baking sheets. Spray the tops with a bit of oil.
4. Bake for 18-20 minutes or until the tops start to get color on them.
5. Pull cauliflower out of the oven and lightly toss them into buffalo sauce to coat. Put them back into oven for another 5 minutes to crisp back up.
6. Remove from oven.

Nutrition Information per serving *From USDA Nutrient Database

Cauliflower Buffalo Wings with carrots and celery

Calories: 190 Total Fat: 14.5g Saturated Fat: 2g Monounsaturated Fat: 10g Polyunsaturated Fat: 1.8g
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 14g Fiber: 3g Total Sugars: 3.4g Protein: 4.3g Sodium: 840mg
Vitamin A: 80µg Vitamin C: 40mg Calcium: 31mg Iron: 1mg Folate: 102µg