

Buffalo Cauliflower

Maine Child Nutrition

Lunch Side

SERVING SIZE: ½ Cup

YEILD: 16 SERVINGS

MEAL PATTERN CONTRIBUTION: ½ Cup Other Veg

Ingredients and Instructions

Cauliflower, bite sized	8 Cups
Oil	2 Tbsp
Salt	To Taste
Butter, unsalted	2 Tbsp
Hot Sauce	¼ Cup
Seasoning (Optional)	

1. Mix oil and salt together. Toss the cauliflower in the oil to coat.
2. Spread the cauliflower onto a greased sheet pan and roast at 350 degrees until tender and beginning to brown, approximately 20-25 minutes.
3. While Cauliflower is roasting melt your butter
4. Once your butter is melted stir in hot sauce and desired seasonings. Garlic and onion go great in here and if you would like a little more kick you can add a little cayenne.
5. Once the cauliflower is browned remove from the oven and toss in the buffalo sauce.
6. Spread the cauliflower back onto the pan and return it to the oven for an additional 5-7 minutes.
7. Serve with ranch or blue cheese.