Healthy Cauliflower “Buffalo Wings” – recipe serves 4



Ingredients:

1 medium-small head cauliflower, chopped into bite-size pieces

½ cup garbanzo bean flour

½ cup water

1 teaspoon garlic powder

½ teaspoon salt

1 tablespoon butter

⅔ cup Frank’s hot sauce

Celery sticks and blue-cheese dressing, for serving

Preparation:

Preheat your oven to 450º F. In a large mixing bowl, combine the flour, water, garlic powder, and salt. Whisk together until smooth.

Toss the cauliflower into the batter, making sure to coat each piece completely, then place the battered cauliflower on a lightly greased, nonstick baking sheet (I use a sheet of Reynolds’ non-stick aluminum foil) using tongs or a fork – you don’t want a lot of excess batter on the baking sheet because it will form a stiff, rubbery sheet that the cauliflower will get stuck in. Bake for 15 minutes.

In the meantime, wash and dry your mixing bowl, then combine the melted butter and hot sauce in it, regularly stirring. When the cauliflower has baked for the 15 minutes, remove it from the oven and toss it in the hot-sauce/butter mixture. Place the sauced cauliflower back on the baking sheet and cook for an additional 25 minutes, until it becomes crispy. Allow it to cool for 15 minutes before serving with celery sticks and blue-cheese dressing on the side.