

SRIRACHA-BUFFALO CAULIFLOWER BITES

SERVINGS: 11 (3/4c) | PREP TIME: 10 MINS | COOK TIME: 30 MINS

CALORIES

9

PROTEIN

3 G

FAT

8 G

CARBOHYDRATE

7 G

INGREDIENTS

Cauliflower florets, 1 ½ inch	8 cups	Extra Virgin Olive Oil	2 tbsp
		Hot Sauce	2 tbsp
		Sriracha	2 tbsp
		Lemon Juice	1 tbsp
		Salt	¼ tsp
		Butter, Melted	1 tbsp

DIRECTIONS

1. In A heat oven to 450°F. Coat a large rimmed baking sheet with cooking spray.
2. Toss cauliflower, oil and salt in a large bowl. Spread on the prepared baking sheet; reserve the bowl. Roast the cauliflower until it's starting to soften and brown on the bottom, about 15 minutes.
3. Meanwhile, combine hot sauce, sriracha to taste, butter and lemon juice in the large bowl. Add the roasted cauliflower and toss to coat. Return the cauliflower to the baking sheet and continue roasting until hot, about 5 minutes more.

IRONSTONE