

Buffalo Cauliflower Dip

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*1 head cauliflower florets
1 tablespoon olive oil
salt (to taste)
8 ounces cream cheese, softened
1/2 cup sour cream
1/3 cup cayenne pepper hot sauce
1/4 cup milk
1/4 cup shredded Monterey Jack
cheese (for topping)
1/4 cup crumbled blue cheese (for
topping)
2 chopped scallions (for topping)*

Preheat the oven to 425 degrees.

In a bowl, toss the cauliflower florets and olive oil. Season with salt. Place the florets in a roasting pan.

Roast until tender and browned, about 40 minutes.

In a bowl, mix the cream cheese, sour cream, hot sauce and milk. Fold in the cauliflower. Mash with a spoon. Spread the mixture into a pie plate.

Sprinkle with Monterey Jack, blue cheese and scallions.

Bake until hot, 15 to 20 minutes.

Per Serving (excluding unknown items): 1195 Calories; 119g Fat (88.0% calories from fat); 23g Protein; 14g Carbohydrate; 0g Dietary Fiber; 308mg Cholesterol; 761mg Sodium. Exchanges: 2 1/2 Lean Meat; 1/2 Non-Fat Milk; 22 1/2 Fat.