

Buffalo Cauliflower Bites

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Servings: 2

*1 head cauliflower
1 tablespoon olive oil
salt (to taste)
pepper (to taste)
1/2 cup buffalo sauce
sliced celery stalks
classic ranch dressing*

Cook Time: 20 minutes

Preheat the oven to 425 degrees.

Cut the cauliflower into florets. In a bowl, toss in oil, season with salt and pepper. Spread out on a sheet pan.

Roast for 15 to 20 minutes. Flip the florets. Bake for 15 to 20 minutes more or until deep golden brown and crispy.

Remove the florets from the oven. Toss with the buffalo sauce of your choice.

Serve with the celery sticks and ranch dressing.

Per Serving (excluding unknown items): 72 Calories; 7g Fat (81.1% calories from fat); 1g Protein; 3g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 15mg Sodium. Exchanges: 1/2 Vegetable; 1 1/2 Fat.