

Buffalo Cauliflower

Diabetes Friendly

Items Needed: cutting board, knife, measuring cups, measuring spoons, baking sheet, large mixing bowl.

Serves: 4

Ingredients:

- 1 head of cauliflower
- ½ cup water
- 1/3 cup flour
- 1 tsp granulated garlic
- 1 tsp granulated onion
- ½ tsp smoked paprika
- ½ tsp salt
- ¼ cup buffalo sauce



Directions:

1. Preheat oven to 450 degrees.
2. Break down the cauliflower into large florets about the size of chicken wings or a little smaller, whatever size you prefer.
3. In mixing bowl, combine water, flour, garlic and onion powder, smoked paprika and salt. Stir until combined and no lumps remain. (Your batter should look like thin pancake mix.)
4. Toss the cauliflower into the batter and mix until all the batter is soaked onto the veggies.
5. Lay out on baking sheet, leaving room in between the florets. Rinse the mixing bowl out and set to the side to be used to toss the florets in the sauce.
6. Bake for 20 minutes or until the batter and the cauliflower florets have started to turn golden.
7. Remove from oven and toss in buffalo sauce. Place back on the baking sheet and continue to bake for another 8-10 minutes or until the sauce has baked onto the cauliflower pieces and they are starting to brown.



Nutrition Information (per ¼ recipe):

Calories: 67 Fat: .4 g Carbs: 11.1 g Protein: 3.2 g Fiber: 2.3 g Sodium: 395 mg

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