

Market District Demo Recipes

Side Dish



THE OHIO STATE
UNIVERSITY

WEXNER MEDICAL CENTER

Spicy Buffalo Cauliflower Bites

Serves: 6

Modified from: www.veganricha.com

Items Needed: cutting board, kitchen knife, measuring spoons/cups, mixing bowls, sheet pan

Ingredients:

Batter

- 3 Tbsp hot sauce
- 1 Tbsp extra virgin olive oil
- ½ tsp cayenne/red chili powder
- 3 Tbsp cornstarch
- 1/3 cup flour
- ½ cup coconut milk (canned, preferably full fat)
- ¼ cup water
- 3 ½ - 4 cups cauliflower florets

Breadcrumbs Coating

- ¾ cup bread crumbs
- 2 Tbsp flour
- ½ tsp cayenne
- 1 ½ tsp onion powder
- 1 ½ tsp garlic
- 1 ½ tsp paprika
- ¼ tsp salt

Directions:

1. Preheat oven to 425 degrees F.
2. In a bowl, mix everything except cauliflower for the batter. If the batter is too thin, add more flour or starch.
3. In another shallow bowl, mix everything under breadcrumb coating.

4. Dip cauliflower in the batter, then coat in breadcrumbs and place on parchment lined sheet (use gloves or a fork, the batter is spicy). Drizzle any remaining batter on the cauliflower.
5. Bake for 25 minutes or until a toothpick goes through the cauliflower easily. Serve warm with ranch and celery sticks if desired.

Nutrition Information (per 1/6 of recipe):

Calories: 160 Fat: 7 g Carbs: 24 g Protein: 4 g Fiber: 2 g Sodium: 428 mg