



Noreen's Kitchen

Oven Roasted

Buffalo Cauliflower

Ingredients

2 pounds fresh cauliflower, broken up	1/2 teaspoon salt
1/4 cup olive oil	1/2 teaspoon cracked black pepper
1 teaspoon garlic powder	1/2 cup butter, melted
1 teaspoon salt free seasoning	1/2 cup Frank's Hot Sauce

Step by Step Instructions

Preheat oven to 350 degrees.

Place cauliflower into a large bowl and drizzle with olive oil and add spices. Toss together being sure to coat all the pieces very well.

Place dressed cauliflower onto a rimmed baking sheet that has been lined with foil. Spread evenly into one layer.

Bake for 20 to 25 minutes until lightly browned on the edges and soft when pierced with the tip of a knife, but not mushy.

While cauliflower is baking, combine the melted butter with the hot sauce and stir to combine.

Remove cauliflower from oven and pour directly into the bowl with the sauce. Toss to coat.

Serve as a side or as an appetizer with a bowl of homemade ranch dressing for dipping.

Enjoy!