

*My Kitchen!
My Rules!*
@LeighThomasBrown



Bang Bang Buffalo Cauliflower

Spicy, crunchy, HEALTHY, and very easy to make!
What a great meatless appetizer without sacrificing *taste*

Ingredients:

- Frank's Red-hot Buffalo Wing Sauce
- Head of Cauliflower

Instructions:

1. Preheat the oven to 375 degrees.
2. Line a baking tray with parchment paper.
3. Flip the cauliflower head over and using a knife, cut in a star shape around the core – releasing the larger cauliflower pieces.
4. Then, cut the bigger pieces in half twice, and then in quarters. Place in a large bowl.
5. Drizzle hot sauce over the cauliflower and toss lightly – evenly coating every piece.
6. In a single layer, spread the cauliflower onto the baking sheet.
7. Bake for 25-35 minutes depending on your desired crispness.



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