



Air Fryer Buffalo Cauliflower Wings

Ingredients:

- 4 cups cauliflower florets (raw)
- 2 tsp. olive oil
- 2 tsp. margarine
- 1 cup Franks Red Hot Sauce
- 1 tbsp. Worcestershire sauce
- 1 bag ranch balls OR sour cream zippers crumbed
- 3 tbsp. dried parsley
- 1 tsp. garlic powder
- 1 tbsp. onion powder
- 1 tbsp. smoked paprika
- ¼ tsp. cayenne pepper
- 1 tsp. salt

Directions:

1. Place cauliflower florets in a large mixing bowl.
2. In another bowl, combine olive oil, margarine, hot sauce, and Worcestershire sauce.
3. Pour the hot sauce mixture over the cauliflower and mix until well coated.
4. In a separate bowl whisk together ranch balls or zippers crumbs, dried parsley, garlic powder, onion powder, paprika, cayenne pepper, and salt.
5. Sprinkle the mixture over the cauliflower and gently mix until everything is well coated.
6. Arrange the florets in the air fryer basket, about ½ inch apart.
7. Air fry at 350°F for 15 minutes, shaking the basket a couple times during the cooking process.
8. Cauliflower is done when the florets are a bit browned, and not mushy.
9. Remove cauliflower from the air fryer and repeat the process with the remaining cauliflower florets.
10. Serve with celery sticks and your favorite Walden Farms dipping sauce (ranch or blue cheese)

Servings: makes 2 servings.

Each serving = 2 cups select vegetables, 2 servings healthy fat, daily salt.

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