



## Roasted Buffalo Cauliflower Bites

### Ingredients:

- 1 head of cauliflower washed and broken up into small florets
- 1 tsp. extra virgin olive oil
- 1 tsp. garlic powder
- 1 tsp. paprika
- 1 tsp. chili powder
- 1/2 tsp. kosher salt
- 2 tbsp. of your favorite hot wing sauce

### Directions:

1. Pre heat oven to 425 degrees Fahrenheit.
2. Toss cauliflower with olive oil and distribute evenly
3. Combine garlic powder, paprika, chili powder, and salt in a small bowl. Toss spice mixture over cauliflower and mix well, making sure all the cauliflower is coated in the spices.
4. Spread cauliflower out on a rimmed baking sheet a roast for 20 minutes.
5. Toss with wing sauce and serve with your favorite blue cheese dressing for dipping. Enjoy!

Servings: makes 1 serving.

Each serving = 2 cups select vegetables, 1 tsp. healthy fat, daily salt.

**716-320-1515**  
**DietMentor.com**  
**info@dietmentor.com**