Buffalo Cauliflower

Serves 4 -5 as a side dish

Ingredients

For the cauliflower

1 head cauliflower, cut into florets
½ cup flour
1 teaspoon salt
1 teaspoon garlic powder
1 teaspoon smoked paprika
¼ teaspoon black pepper
¾ cup buttermilk

For the Buffalo sauce

½ cup Buffalo wing sauce
3 tablespoons salted butter
2 tablespoons honey

Steps

1. Preheat oven to 450°F. Line a baking sheet pan with parchment paper.

2. Stir together flour, salt, garlic powder, onion powder, smoked paprika, and black pepper. Stir in milk.

3. Dip cauliflower in the milk mixture, turning to coat completely. Shake off excess and arrange in a single layer on prepared sheet bpan.

4. Bake for 10 minutes. Using tongs or a fork to turn over the cauliflower and bake for another 10 minutes.

5. While the cauliflower is baking, combine buffalo wing sauce, butter and honey in a medium saucepan. Bring to a boil over medium heat, cook for 2-3 minutes, then remove from heat.

6. Brush buffalo sauce all over the baked cauliflower, bake for another 10 minutes (broiling it is better - just watch it carefully as it will burn within a few minutes).

7. Serve fresh with ranch or blue cheese dressing for dipping.