



BUFFALO ROASTED CAULIFLOWER

Preheat oven to 400 degrees

Ingredients:

- 2 Heads cauliflower, chopped bite size pieces
- EVOO (extra virgin olive oil)
- 1–2 Tbs. unsalted butter, melted
- 1/4 cup Frank's RedHot
- Salt and Pepper

Dip:

- *Chunky Blue Cheese Dressing (I like Marie's or Boathouse)
- Blue Cheese Crumbles
- Pepper

**Ranch dressing can be substituted for the blue cheese dressing*

Recipe Instructions:

- In large bowl toss cauliflower with olive oil to coat
- Add salt and pepper, toss
- Place cauliflower in single layer on baking sheet
- Roast at 350 degrees for 25–30 minutes

While Cauliflower is Roasting:

- In small bowl whisk together melted butter and Frank's RedHot, set aside
- Prepare dip by mixing together: chunky, blue cheese dressing; blue cheese crumbles; pepper. Refrigerate

After Cauliflower has Roasted:

- Remove cauliflower from oven, return to large mixing bowl
- Mix/toss with Frank's RedHot/butter mixture to coat
- Add salt and pepper to taste, mix together
- Return to single layer on baking sheet
- Roast another 5–10 minutes

Serve with dip and enjoy.

Eat your veggies and stay healthy!

#CookingWithKristenK



**KRISTEN
KAMFJORD**

SIBCYCLINE
REALTORS

513-226-6082 | kristenk@sibcycline.com | www.sibcycline.com/kristenk

