



Cauliflower Buffalo Wings

Ingredients:

- 1 head of cauliflower, washed and patted dry
- ½ cup all-purpose/gluten free flour
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1 cup Panko

Sauce:

- ½ cup vinegar based hot sauce (franks)
- 1 teaspoon garlic powder
- 2 tablespoons maple syrup (add more to taste)

Instructions:

1. Preheat oven to 450F. Prepare a baking sheet with a layer of tin foil greased to prevent messes and sticking.
2. Cut cauliflower into smaller bite sizes florets.
3. In a medium bowl, whisk flour, milk, salt, black pepper, and garlic powder.
4. In a separate bowl, place the panko bread crumbs.
5. One at a time, dip cauliflower florets in milk batter, shaking off any excess batter. Toss florets into panko until well coated. Place on baking sheet.
6. Bake for 20 minutes.
7. Over high heat, mix all sauce ingredients into a small pot. Bring to boil for 2-3 minutes.
8. Add sauce and enjoy!!

Prep Time: 15 minutes

Cooking Time: 20 minutes

Equipment:

- 2 shallow bowls
- paring knife
- cutting board
- measuring spoons
- small pot
- cookie sheet
- aluminum foil
- Tongs

Servings: 6

Serving Size: 5 wings



Nutrition Facts:	117	2.1 g	0.8g Saturated	16.5g	6.1g	5.6g
	Calories,	Fat,	Fat,	Carbohydrates,	Protein,	Fiber,
	3.2g	1498mg				
	Sugar,	Sodium.				

Check out our blog at www.cookingoncampus.arizona.edu to find past recipes and a list of upcoming classes!
 For more info about nutrition and what to eat on campus, go to www.health.arizona.edu, click Health Promotion, then Nutrition.

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Variations:

- Use any flour (all purpose, bread flour, Italian bread crumbs, GF bread crumbs, etc.)
- Swap out cauliflower for broccoli to spice up micronutrients

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