



This recipe was created by served as a cafeteria taste test in January 2025. Kids were surprised at how much they loved the cauliflower and even the spice!

# Buffalo Cauliflower

|             |                                              |
|-------------|----------------------------------------------|
| PREP TIME:  | 15 minutes                                   |
| COOK TIME:  | 20 -30 minutes                               |
| TOTAL TIME: | 35                                           |
| SERVINGS:   | 4 Servings                                   |
| AUTHOR:     | <i>Adapted from healthyschoolrecipes.com</i> |

## INGREDIENTS

1 large head cauliflower (about 3 pounds)  
4+ tablespoons Frank's red hot sauce (to taste)  
2+ tablespoons unsalted butter, melted  
1 teaspoon garlic powder  
1 tablespoon extra-virgin olive oil  
¼ teaspoon salt  
Black pepper (to taste)

## INSTRUCTIONS

1. Preheat oven to 425
2. Cut cauliflower into bite-sized pieces.
3. Bake for 15-20 minutes
4. Melt butter in saucepan and mix with Frank's
5. Remove cauliflower from oven when golden and toss with butter and hot sauce mixture
6. \*\*\*Optional: Bake again for 10 minutes to brown
7. Serve warm