

# Cauliflower Hot Wings

written by The Recipe Exchange | March 16, 2014

## **Ingredients**

1 head of cauliflower, washed and broken up into small florets  
3 tsp extra virgin olive oil  
1 tsp garlic powder  
1 tsp paprika  
1 tsp chili powder  
 $\frac{1}{2}$  tsp salt  
2 tbsp butter  
1/2 cup of your favorite hot wing sauce

## **Directions**

Pre heat oven to 425  
Place cauliflower in a bowl with a lid, add olive oil and shake to distribute evenly.  
Combine garlic powder, paprika, chili powder, and salt in a small bowl. Toss spice mixture over cauliflower and shake well , making sure all the cauliflower is coated in the spices.  
Spread cauliflower out on a rimmed baking sheet a roast for 20 minutes.  
Melt butter and add wing sauce. Pour wing sauce over baked cauliflower and let stand 5 min before serving.  
Serve with your favorite dressing for dipping.