



A RED SOX FOUNDATION AND
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



Buffalo Cauliflower Bites

Who said vegetables can't have flavor? Add these spicy bites to your next tailgate for a nutrient packed alternative to a game day favorite.

Ingredients:

- 1 head of cauliflower (chopped into bite-sized pieces)
- 1 cup water
- 1 cup whole wheat flour
- 2 tsp garlic powder
- 1 cup of buffalo sauce
- 2 tbsp olive oil



Directions:

1. Preheat oven to 450 degrees F. Cover baking sheet with aluminum foil.
2. In a large mixing bowl, combine water, flour, and garlic powder.
3. Dip cauliflower pieces into mixture. Make sure to let excess batter dip off, then place each cauliflower bite on baking sheet.
4. Bake for 20 minutes. Flip bites halfway through 20-minute timer.
5. While cauliflower is baking, combine buffalo sauce and olive oil topping in separate mixing bowl.
6. Remove bites from oven and drizzle with buffalo sauce topping. Bake for an additional 8 minutes.
7. Remove from oven and allow time for cooling before enjoying your snack!

Nutrition Tips:

1. **Note for a crispier texture:** you can add bites to toaster oven at the end for more crunch!
2. Cauliflower is low in calories but high in vitamin C, K, and choline, a micronutrient that helps keep our cells healthy and supports the neurotransmitter activity in the brain.
3. These cauliflower bites are packed with fiber and water, which will help keep you full and satisfied for longer. This fiber-rich snack will also help combat constipation.

Source:

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