

Buffalo Cauliflower (Baked)

Recipe HACCP Process: #2 Same Day Service

Serving Size: 0.5 cup

Yield: 50

Source: Forwardfood.org

Ingredients:

Ingredient Name	Measurements
Cauliflower, raw	8 lb + 4 oz
Oil, Olive, salad or cooking	1/3 cup
Garlic Powder	2 ½ tbsp
Salt, table	½ tsp
Pepper, black	½ tsp, ground
Buffalo Style Sauce	13 1/3 oz

**Note: Choose USDA foods whenever available to save on cost. Note yield, crediting, and nutritional's may change if substituted.*

Instructions:

1. Preheat oven to 325° F.
2. If using whole cauliflower, trim into florets.
3. Mix cauliflower florets, olive oil, garlic powder, salt, and pepper in a large bowl until cauliflower is well coated. (Do not add buffalo sauce here).
4. Place a single layer of cauliflower on lined sheet pans.
5. Roast in oven for approximately 20 minutes, until cooked through and slightly browned.
6. Transfer cauliflower to a large bowl or serving pan and toss with hot sauce until evenly coated.
7. If necessary, transfer cauliflower to appropriate serving pans and hold in warmer until meal service.

Nutritional Analysis:

Nutrients	Nutrients Per Serving
Calories	47 kcal
Total Fat	3.00 g
Saturated Fat	0.80 mg
Trans Fat	0.00 g
Cholesterol	0.00 mg
Sodium	77.63 mg
Total Carbohydrate	4.87 g
Dietary Fiber	1.81 g
Total Sugars	1.71 g
Protein	1.52 g

Meal Component Information:

Meal Components	Amount
Vegetable	0.5 cup

**Note: For schools with access to Mosaic, these recipes are also available to import from the Community recipe section by searching the recipe name or using the search term of "John C. Stalker" as the district.*