



Healthy HARVEST

Buffalo cauliflower bites with blue cheese dipping sauce

- 1 head cauliflower, cored and florets separated into pieces
- ¼ teaspoon kosher salt
- 1 tablespoon olive oil
- 2 tablespoons hot sauce, such as Frank's RedHot
- 1 tablespoon red wine vinegar
- 1 tablespoon butter, melted
- 1 tablespoon lemon juice
- Pinch salt and pepper

Preheat oven to 450°F. Coat a large rimmed baking sheet with cooking spray. Toss cauliflower, oil and salt in a large bowl. Spread on the prepared baking sheet; reserve the bowl. Roast the cauliflower until it's starting to soften and brown on the bottom, about 15 minutes.

Meanwhile, combine the remaining ingredients in a small saucepan and bring just to a simmer, stirring frequently for about 5-10 minutes. Transfer to a big bowl. Add the roasted cauliflower and toss to coat. Return the cauliflower to the baking sheet and continue roasting until hot, about 5 minutes more.

For the blue cheese sauce:

- ½ cup nonfat plain greek yogurt
- ¼ cup EVOO based mayo
- 2-3 tablespoons white wine vinegar
- Salt, pepper, garlic powder, onion powder to taste
- 1/3-1/2 cup crumbled blue cheese
- Green onions sprinkled on top, optional

Assemble all ingredients in a bowl and refrigerate until ready to use. Better if it sits a bit!