



The Goldring Center
for Culinary Medicine

TULANE UNIVERSITY

Buffalo Cauliflower “Wings”

A plant-based spin on the classic hot wings that we all know and love! Baking this fiber filled snack gives the crunch you crave with fewer calories.

YIELD 6 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 40 MIN
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INGREDIENTS

1 cup	All-Purpose Flour
1 tsp	Paprika
1 tsp	Cumin, ground
2 tsp	Garlic Powder
1 tsp	Black Pepper
1 cup	1% Milk
¼ cup	Water
1 each	Cauliflower, medium head (approx. 6 cups), core removed and cut into bite-sized florets
1 Tbsp	Whole Wheat Breadcrumbs
1 Tbsp	Butter
1/3 cup	Crystal Hot Sauce
½ each	Lemon, juiced

CHEF'S NOTES

These cauliflower wings can also be cooked in a foil-lined air fryer at 400°F for 10-15 minutes for even crispier results!

Fun Fact: Cauliflower may also come in green, purple, or orange varieties. Each color has specific antioxidants that benefit health in different ways!

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above. Preheat oven to 400°F and line a baking sheet with parchment paper then spray lightly with nonstick cooking spray.
2. In a large mixing bowl, combine the flour, paprika, cumin, garlic powder, and pepper and whisk until evenly combined. Add the milk and water, whisking until smooth with semi-thick consistency.
3. Dip the cauliflower florets into the batter one at a time, allowing the excess batter to drip off before placing onto the prepared baking sheet. Once all the florets have been coated, sprinkle the tops with the whole wheat breadcrumbs.
4. Bake until the exterior is browned and crispy and the cauliflower is tender when pierced with a small knife, about 20-25 minutes.
5. Meanwhile, in a small microwave safe bowl, melt the butter in the microwave until melted and mix in the hot sauce and lemon juice until combined. The mixture may need to be microwaved for a few seconds just before serving if the butter starts to solidify.

- Remove the cauliflower from the oven and drizzle with hot sauce mixture right before serving. Enjoy with your favorite dipping sauce.

Nutrition Facts	
6 servings per container	
Serving Size	1 cup (182 g)
Amount per serving	
Calories	150
	% Daily Value *
Total Fat 3g	4%
Saturated Fat 1.5g	8%
<i>Trans</i> Fat 0g	
Cholesterol 5mg	2%
Sodium 410mg	18%
Total Carbohydrate 25g	9%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 6g	12%
Vitamin D 0.49mcg	2%
Calcium 80mg	6%
Iron 2mg	9%
Potassium 400mg	9%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Recipe adapted from, *Spend with Pennies*, "Oven-Baked Buffalo Cauliflower"



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