



All Great Meals Begin With
Rulli Bros.
M A R K E T S

Cauliflower Wings

Ingredients

1 head cauliflower, cut into 1-inch florets
2 tablespoons extra virgin olive oil
Salt
½ cup hot sauce

Yogurt Dip

1 cup Greek-style yogurt
Juice of ½ small lemon
1 tsp. ranch dressing seasoning
3 cloves minced garlic
Salt and pepper
½ cup blue cheese crumbles

Preparation

Pre-heat the oven to 450°F.

Place the cauliflower florets onto a nonstick baking sheet, dress with Olive Oil and season with salt. Bake for 25 minutes, or until crispy and caramelized at edges. Remove from the oven, place into a large bowl and toss with the hot sauce.

For the Yogurt Dip

In a small serving bowl, combine the yogurt, lemon juice, ranch seasoning and garlic; season with salt and pepper.

Fold in the blue cheese

Serve alongside the Crispy Buffalo Cauliflower, celery and carrot sticks for dipping.



For more information please visit - CaseyMaloneShow.com