

Cauliflower Power!

Written by Debbi Covington

Wednesday, 07 November 2012 08:33 - Last Updated Wednesday, 07 November 2012 09:03



A few issues ago, I mentioned that I had been testing some new cauliflower dishes. I'm tickled pink with the number of people who have stopped me in the grocery store or at catering events to ask me when I was going to share some of those recipes. This is the week!

These are some of my favorite ways to make cauliflower. Vince and I eat Roasted Cauliflower at least once a week. It's a great substitute for pasta or potatoes with far less carbs and calories. The browner the cauliflower pieces turn, the more caramelization occurs and the sweeter they'll taste! Buffalo Cauliflower is a delicious snack or side dish. It's so good that you might mistake it for buffalo chicken! Use your favorite bottled hot wing sauce to make it as mild or as spicy as you like. Chopped Cauliflower Salad is a yummy crunchy dish that can easily be turned into an entree with the addition of shrimp or chicken. You're going to love them all! p.s. For even more fabulous recipes, cooking tips and party ideas visit my blog at cateringbydebbicovington.com/blog and follow me on Pinterest!

Roasted Cauliflower



1 head cauliflower
4 tablespoons olive oil

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¼ – ½ teaspoon salt

Preheat oven to 425 degrees. Cut cauliflower into florets, about the size of ping pong balls. In a large bowl, combine the olive oil and salt; whisk, then add the cauliflower pieces and toss thoroughly. Line a baking sheet with aluminum foil. Spread cauliflower pieces evenly on baking sheet and roast for 1 hour, turning the pieces every 20 minutes, until most of each piece has turned golden brown. Serve immediately. Serves 3 to 4.

Buffalo Cauliflower



1 head cauliflower, cut into bite-sized pieces

1 cup buttermilk

1 cup all-purpose flour

2 teaspoons garlic salt

1 cup bottled buffalo wing sauce

Blue cheese dressing, for dipping

Celery sticks, optional

Preheat oven to 450 degrees. In a large bowl, whisk together the buttermilk, flour and garlic salt until very smooth. Very gently place the cauliflower in the bowl and lightly toss to completely coat with buttermilk mixture. Place a piece of aluminum foil on a baking sheet and spray very well with cooking spray. Spread cauliflower in a single layer on baking sheet and bake for 18 to 20 minutes. Carefully remove the cauliflower from the oven and pour the buffalo wing sauce over it, tossing gently to coat. Return the cauliflower to the oven for another 5 to 10 minutes. Serve hot with blue cheese dressing and celery sticks. Serves 4.

Chopped Cauliflower Salad

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