

Buffalo Style Roasted Cauliflower

3 tablespoons butter

¼ cup hot sauce

1 tablespoon lemon juice

3 tablespoons olive oil

½ cup water

1 teaspoon kosher salt

Medium head of cauliflower florets or half a large head of cauliflower/also could use a bag of frozen cauliflower

1. Preheat the oven to 450 degrees.
2. Cut the head of cauliflower into small bite size florets. Like the size of wings.
3. Melt butter in the microwave safe bowl, lightly covered with plastic wrap.
4. Wisk hot sauce and lemon juice into melted butter.
5. In a large bowl mix olive oil, salt and water. Add the cauliflower and toss until well coated.
6. Spread the cauliflower into a single layer on a large baking sheet with sides. Roast in the oven for 15 to 20 minutes or until light brown and slightly soft.
7. Coat the cauliflower with sauce mixture and toss with a pair of tongs to coat. Return to the oven for 5 minutes.
8. Serve when sauce starts to bubble slightly.