

# Buffalo Roasted Cauliflower

## Ingredients

- 1 head cauliflower, cut into florets
- 1 tbsp olive oil
- Black pepper to taste
- ¼ cup hot sauce
- 1 tbsp trans fat-free margarine, melted
- ¼ cup reduced-fat blue cheese or ranch dressing
- 4 celery stalks, sliced into 3-inch sticks

Heart-Healthy | Diabetes-Approved | Gluten-Free

## Preparation

1. Preheat oven to 425°. In a large bowl, toss cauliflower with oil and pepper.
2. On a baking sheet, arrange florets in a single layer. Roast (turn halfway through) 45 minutes or until lightly golden.
3. Transfer cauliflower back to large bowl. Add hot sauce, margarine and toss to coat. Serve immediately with blue cheese dressing for dipping and celery sticks on the side.

