

Cauliflower Wings

Ingredients:

- 1 head cauliflower, cut into even-sized florets
- 1 tbsp lite olive-oil based spread
- 1 tbsp cumin
- 1 tbsp garlic powder
- ½ tsp turmeric
- ¼ tsp cayenne pepper
- 1/8 tsp chili powder
- 1 tsp garlic powder
- 1 tsp olive oil



Directions:

1. Preheat oven to 450°F.
2. Coat cauliflower florets in olive oil. Place on a baking sheet and roast for about 10-15 minutes. Remove from oven and allow to cool slightly.
3. Add lite spread and all spices into a small saucepot. Gently melt together and stir over low heat until completely melted.
4. Pour the spiced sauce over the cauliflower and toss with tongs to coat
**For crispier bites, you can add the spiced sauce and place back in the oven for 2-3 minutes or toss in the air fryer!*

Nutrition Information:

Calories: 137
Saturated Fat: 0.5 g
Sodium: 89 mg
Dietary Fiber: 4.4 g
Protein: 4.2 g