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<http://glutenfreenosh.com/2014/01/20/cauliflower-wings>

Cauliflower Buffalo Wings, Gluten-Free

(gluten-free, dairy or dairy-free)

[By Gluten-Free Nosh](#)

Ingredients:

- 1 head cauliflower
- 1 cup chickpea flour (or all-purpose gluten-free flour)
- 1 cup milk or almond milk
- 2 teaspoons garlic powder
- 1/2 cup buffalo hot sauce (I used Frank's Red Hot Buffalo sauce)
- 2 tablespoons olive oil

Method:

1. Preheat oven to 425 degrees. Line a baking sheet with aluminum foil and coat with cooking spray.
2. Cut cauliflower into medium-sized florets. Combine the flour, milk and garlic powder in a large bowl, and beat well with a fork to combine.
3. Drop the cauliflower pieces in the bowl, and stir to coat thoroughly with sauce.
4. Pick up cauliflower pieces, letting extra batter drip back into the bowl, and put them on prepared baking sheet. Bake for 20 to 25 minutes, until tender.
5. In a large bowl, mix hot sauce with olive oil.
6. Remove cauliflower from the oven and toss it in the hot sauce.
7. Serve with celery sticks and **Homemade Herby Dip** to cool your palate. (For a dairy-free meal, omit the dip.)

Yield: 6 to 8 servings

Homemade Herby Dip

(gluten-free)

Ingredients:

- 1 cup plain Greek yogurt
- 1 tablespoon fresh lemon juice
- 1 clove garlic, minced
- 2 tablespoons chopped fresh parsley (or 2 teaspoons dried)
- 1 tablespoon chopped fresh dill weed (or 1 teaspoon dried)
- 1/2 teaspoon onion powder
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper

Method:

Mix all ingredients together in a medium bowl. Refrigerate for at least one hour prior to serving to let flavors mingle.

Yield: 1 cup