

Buffalo Cauliflower Bites + Cool Ranch Dip + Creamy Drinkable Orange Creamsicles



buffalo cauliflower bites

chop+measure+mix

Chop **1 head of cauliflower** into bite-sized florets. In a large mixing bowl, measure **$\frac{3}{4}$ C chickpea flour**, **$\frac{1}{2}$ tsp salt**, and **$\frac{1}{2}$ tsp black pepper**. Mix!

whisk+coat+pan-fry

Whisk in **$\frac{1}{2}$ - $\frac{3}{4}$ C water** to the chickpea flour. The consistency should resemble thin pancake batter. Add the cauliflower florets and toss to coat them. Then add **2 T butter** to a large skillet and pan-fry the cauliflower over medium heat until golden brown on all sides. Remove cauliflower from skillet and set aside.

add+melt+simmer

To the same skillet, add **$\frac{1}{4}$ C Frank's Hot Sauce**, **2 T butter**, **1 tsp soy sauce**, **$\frac{1}{4}$ tsp salt**, **$\frac{1}{8}$ tsp garlic powder**, and **3 T honey** and turn heat to low. Stir sauce until butter melts and sauce comes to a simmer.

add+stir+coat+enjoy

Add cauliflower back to the pan with the sauce and stir until cauliflower is coated. Serve Buffalo Bites with **Cool Ranch Dipping Sauce** (recipe below!)

Family Fun Recipes

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cool ranch dip

zest+measure+stir

Zest **1 orange** and add $\frac{1}{2}$ tsp of zest to a mixing bowl. Then measure $\frac{3}{4}$ **cup sour cream/Greek yogurt**, **1 T water**, $\frac{1}{2}$ **tsp vinegar**, $\frac{1}{4}$ **bunch minced fresh parsley OR $\frac{1}{4}$ tsp dried dill**, $\frac{1}{2}$ **tsp salt**, and $\frac{1}{4}$ **tsp garlic powder** to the bowl. Blend or stir to combine all ingredients. Taste and adjust seasoning, then serve with **Buffalo Cauliflower Bites!**

dreamy drinkable orange creamsicles

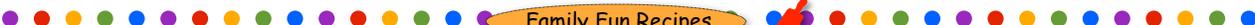
zest+cut+squeeze+measure

Zest **1 orange** and measure 2 tsp of zest. Add zest to a blender. Then cut **3 oranges** into quarters and squeeze the juice from each into the blender. Measure 1 **tsp vanilla extract**, $\frac{3}{4}$ **C Greek yogurt**, and $\frac{1}{2}$ **C ice** and add to the blender.

peel+blend+pour+enjoy!

Peel **1 banana**, add it to the pitcher, and puree all ingredients until smooth. Pour into cups and enjoy!

::continued::



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shopping list!

Buffalo Cauliflower Bites

- 1 head cauliflower
- 1/4 C Frank's Hot Sauce
- 3/4 C chickpea flour (or all-purpose flour)
- 1 tsp soy sauce
- 3/4 tsp salt
- 1/8 tsp garlic powder
- 1/2 tsp black pepper
- 3 T honey
- 4 T butter

Cool Ranch Dip

- 1/2 tsp orange zest
- 1/4 bunch fresh parsley or 1/4 tsp dried dill
- 3/4 C sour cream/Greek yogurt
- 1/2 tsp salt
- 1/2 tsp vinegar
- 1/4 tsp garlic powder

Dreamy Drinkable Orange Creamsicles

- 3 oranges
- 1 tsp vanilla extract
- 3/4 C full-fat Greek yogurt
- 1/2 C ice
- 1 banana

::continued::

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A Brief History of Buffalo Sauce:

Compared to the ages of lots of other well-known condiments, Buffalo Sauce is quite the Spring Chicken at just 54 years old.

Born late night in 1964 in the town of Buffalo New York, the stories go (there are two!) that a restaurant owner named Teressa Bellissimo whipped up a batch of wings either because her son and his friends requested a late night snack and she had extra chicken parts she wasn't going to use.

Another story of the origin of Buffalo wings states that Teressa accidentally received a shipment of wings instead of other chicken parts and didn't want them to go to waste.

Teressa came up with her famous Buffalo Sauce by combining ingredients she already had on hand - hot sauce, butter, and red pepper.

The Surprise Ingredient: Cauliflower!

- ★ Cauliflower is a cousin of kale, cabbage, Brussels sprouts, kohlrabi, collard greens, and broccoli. All of these vegetables (including cauliflower) are descendants of the same wild vegetable called "Brassica oleraceae." Brassica oleraceae is native to the coastal parts of southern and western Europe.
- ★ Cauliflower will stay white in color if farmers "blanch" it, or cover the heads to shield them from the sun. When cauliflowers are the size of tennis balls, farmers do this by covering them with their biggest outer leaves and tie them at the top. This is to shield them from the sun so that they stay white in color. When harvest time comes, farmers give the cauliflower leaves a haircut and trim the huge leaves closer to the cauliflower head.
- ★ If cauliflower heads are *not* covered as they grow, they will turn dull yellow in color.
- ★ When buying cauliflower, look for compact heads where the curds (individual florets) are not separated but tightly packed together.
- ★ 1 cup of raw cauliflower has more Vitamin C than an orange!
- ★ Cauliflower is super good for the brain! It even looks like the brain! Cauliflower has nutrients that help our memory and concentration, including B-vitamins and a nutrient called "choline." Eating cauliflower helps us learn!

Time for a laugh!

What kind of flowers should you NEVER give to your Mom on Mother's Day?

Cauliflowers!

Where do Brassica Vegetables grow up? **Cauli-fornia**

What do you call a cauliflower growing at the edge of a garden? **A border cauli!**

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