



Sweet and Spicy Cauliflower Barbecue Bites

1 head cauliflower, washed
and cut into florets (4-5
cups)
¼ cup cornstarch
¾ cup nonfat milk

1 Tbsp. garlic powder
1 tsp. smoked paprika
2 Tbsp. sriracha chili sauce
1/3 cup barbecue sauce

Directions

1. Preheat oven to 450°F. Wash hands with soap and water.
2. In a medium bowl, mix together cornstarch, milk, paprika, and garlic powder. Coat cauliflower florets.
3. Line a pan with parchment paper, spread out cauliflower and bake for 15 minutes.
4. Combine sriracha chili sauce and barbecue sauce in a medium bowl.
5. Remove cooked cauliflower from oven and let cool for 5 minutes. Combine cauliflower with sauce mixture and return to pan. Bake another 10 minutes. **Yield:** 4 Servings

Nutrition Facts (per serving): *140 calories, 0 grams fat, 430 milligrams sodium, 29 grams carbohydrate, 3 grams fiber, 5 grams protein*