Air Fryer Buffalo Cauliflower

By Chef Jen, RDN/LDN

Ingredients

- 1 cup water
- 1 cup all-purpose flour
- 2 tsp garlic powder
- 1 cauliflower head, cut into florets
- ¾ cup Franks Hot Sauce*
- ¼ cup melted unsalted butter (or vegan butter/margarine)
- Optional: Celery/carrot sticks

Preparation

Air-Fryer:

1. In a medium bowl, combine the water, flour, and garlic powder in a bowl and stir until well combined.
2. In a separate medium bowl, melt butter in microwave, then whisk in buffalo sauce.
3. Break cauliflower head into cauliflower "crowns". Coat the cauliflower pieces with the flour mixture; then dip cauliflower into buffalo sauce.
4. Spread cauliflower evenly in lightly greased, air fryer pan. May have to work in batches depending on the size of the cauliflower head.
5. Cook for 12-17 minutes on 350°.
6. While cooking in fryer, make Greek yogurt ranch dip. (See following page)
7. Serve with ranch dip and if desired carrots/celery.
   *Can adjust heat level by adding selected hot sauces into butter/Frank's Red Hot mixture.

Greek Yogurt Ranch Dip

Ingredients

- Heaping ½ cup plain Greek yogurt (or 5.5 oz container)
- ¼ cup non fat milk
- 1 tsp apple cider vinegar
- ½ teaspoon salt
- ½ teaspoon garlic powder
- ½ teaspoon dried dill weed
- 2 tsp finely grated shallot or onion
- freshly ground black pepper
- 1 tablespoon finely chopped fresh parsley
- 1 tablespoon chopped fresh chives (optional)

Instructions

Combine all the ingredients in a bowl and mix until thoroughly combined