

Grilled Cauliflower Wings

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Makes 4 servings

Serving Size: 2 oz.

Protein per serving: 1.7 g

Calories: 151 calories



Ingredients

- 2 1/2 c Large Raw Cauliflower Florets
- 1 tsp Cambrooke Chicken-Flavored Consomme & Seasoning, dry
- 1 tsp Smoked Paprika (Any Brand)
- 2 tsp Garlic Powder
- 1 tsp Onion Powder
- 1/4 tsp Curry Powder
- 1/4 tsp Salt
- 1/4 tsp Black Pepper
- 1/4 c Olive Oil
- 1/4 oz. Non-dairy Parmesan shreds

Directions

1. In a medium bowl, add the cauliflower, spices, olive oil, and Parmesan cheese. Gently toss to coat. Place in a container and seal to marinate for 2 hours to overnight.
2. When ready to grill, preheat grill to 400 degrees. Place the marinated cauliflower on the grill. Grill until fork tender, making sure to turn every 5 minutes to make sure the cauliflower does not burn. Try to not overcook the cauliflower. A little firmness is what makes these easy to eat like wings! Get those fingers dirty!

Notes: You can toss these in your favorite wing sauce. Have fun with it!