

# Cauliflower Hot Wings

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This recipe is for two people. For Medifast 5 and 1 lean and green meals, this counts for 2 greens, 2 fats and 2 condiments per serving, when served with the dipping sauce.

About 2 cups of cauliflower, washed and broken up into small florets

2 tsp extra virgin olive oil

1 tsp garlic powder

1 tsp paprika

1 tsp chili powder

1/2 tsp salt

1/2 cup of Frank's Redhot Wings sauce

## Directions

Preheat oven to 425. Place cauliflower in a bowl with a lid. Add olive oil and shake to distribute evenly. Combine dry ingredients, and then sprinkle over the cauliflower. Shake again to make sure all pieces are coated evenly.

Spread cauliflower out on a rimmed baking sheet and roast for 20 minutes. Pour wing sauce over baked cauliflower and let stand 5 minutes. While you are waiting the 5 minutes, make the Greek yogurt dip below.

# Greek Yogurt Dip, With Feta Cheese Crumbles

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1/4 cup Greek plain nonfat yogurt

1 tablespoon light mayonnaise

1 tablespoon reduced fat feta cheese crumbles

Pinch of salt

1/8 tsp ground black pepper

1/8 tsp garlic powder

1/8 tsp onion powder

1/8 tsp dried parsley flakes

1/8 tsp dried chives

1 tsp dill pickle "juice" from the pickle jar