

Market District Demo Recipes

Appetizer



THE OHIO STATE
UNIVERSITY

WEXNER MEDICAL CENTER

Buffalo Cauliflower Dip

Serves: 12

Modified from: www.EatingWell.com

Items Needed: cutting board, chef's knife, measuring cups, measuring spoons, mixing bowl, stirring spoon, 8-inch square baking dish

Ingredients:

- 1 small head cauliflower (1 pound), core trimmed, florets coarsely chopped
- 1 small onion, quartered and sliced
- 1 Tablespoon extra-virgin olive oil
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 8 ounces reduced-fat cream cheese, softened
- ½ cup low-fat plain yogurt
- ¼ cup crumbled blue cheese
- ¼ cup hot sauce, such as Frank's
- 1 scallion, sliced
- 8 medium carrots, cut into 3- to 4-inch sticks
- 8 medium celery stalks, cut into 3- to 4-inch sticks

Directions:

1. Preheat oven to 400 F. Toss cauliflower, onion, oil, salt and pepper together in a large bowl.
2. Spread in a single layer on a large rimmed baking sheet. Roast, stirring once, until tender, about 20 minutes.
3. Meanwhile, coat an 8-inch square baking dish with cooking spray. Whisk cream cheese, yogurt, blue cheese and hot sauce together in the bowl. Add the roasted vegetables and stir to coat.
4. Transfer to the prepared baking dish. Bake until bubbly around the edges, 15 to 20 minutes. Garnish with scallions and serve with carrot and celery sticks.

Nutrition Information (per 1 serving):

Calories: 103 Fat: 5 g Carbs: 10 g Protein: 4 g Fiber: 3 g Sodium: 389 mg