

# Roasted Cauliflower Bites

Source: <http://blog.fatfreevegan.com/2014/01/roasted-cauliflower-bites-vegan-nacho-cheese-sauce.html>

“You can turn these into Buffalo Bites by tossing them with your favorite hot sauce after they’ve baked for 15 minutes; then continue baking until done.”

## Ingredients

- 1 head cauliflower
- 1 teaspoon mild chili powder
- 1/2 teaspoon salt (optional or to taste)
- 1/2 teaspoon ground cumin
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon garlic powder
- 1/4 teaspoon chipotle chile powder (optional)

## Instructions

Preheat oven to 400F. Line a baking sheet with parchment paper or silicone baking mat. Cut the cauliflower into individual bite-sized florets. Try to keep them about the same size. Rinse them in a colander under running water. Shake off excess water but don’t dry. Spread them out on the baking sheet.

Combine all seasonings in a small bowl. Sprinkle over the cauliflower, turning the florets so that all sides are seasoned. Bake in preheated oven for 15 minutes; turn florets and bake another 15 minutes or until they are beginning to brown in spots. Remove and serve warm with nacho cheese or other dipping sauce.

Preparation time: 10 minute(s) | Cooking time: 30 minute(s)

Number of servings (yield): 6

Nutrition (per serving): 65 calories, 3 calories from fat, <1g total fat, 0mg cholesterol, 273.4mg sodium, 764.6mg potassium, 13.7g carbohydrates, 6.4g fiber, 6g sugar, 5g protein.



# Vegan Nacho Cheese Sauce

Source: <http://blog.fatfreevegan.com/2014/01/roasted-cauliflower-bites-vegan-nacho-cheese-sauce.html>

“Use this luscious sauce as a dip or as an ingredient in burritos, tacos, or jalapeno poppers.”

## Ingredients

1 cup plain, sugar-free non-dairy milk  
1/4 cup nutritional yeast  
1/4 cup mashed sweet potato  
2 tablespoons potato starch or cornstarch  
1 tablespoon lemon juice  
1/2 -3/4 teaspoon salt (optional or to taste)  
1/2 teaspoon dry mustard  
1/8 teaspoon garlic powder  
1/8 teaspoon onion powder  
1/8 teaspoon ground cumin  
1 10-ounce can Rotel Diced Tomatoes and Chilies, drained and liquid reserved  
chipotle powder, to taste

## Instructions

Put all ingredients except Rotel tomatoes and chipotle into the blender. Blend at high speed until smooth. Pour into a saucepan and cook, stirring constantly, over medium-high heat until boiling. Reduce heat to low and continue cooking and stirring until mixture becomes very thick. Stir in the drained tomatoes. If sauce is too thick, add a tablespoon or so of the reserved tomato liquid. Check seasoning, and add chipotle powder to taste if you'd like it spicier.

Serve warm with Roasted Cauliflower Bites, tortilla chips, or crackers or atop burritos and tacos.

Preparation time: 10 minute(s) | Cooking time: 10 minute(s)

Number of servings (yield): 8

Makes about 2 cups. Nutrition (per serving): 46 calories, 8 calories from fat, less than 1g total fat, 0mg cholesterol, 168mg sodium, 71.9mg potassium, 6.5g carbohydrates, less than 1g fiber, less than 1g sugar, 4g protein. Nutritional data uses 1 cup of plain soy milk.

