

Thai Style Kraken Cauliflower

Single-serving Thai chili cauliflower wings.

YIELD: 4 Servings	SERVING SIZE: 1 SERVING = 1 recipe	SOURCE: Seattle Public Schools
NUTRITIONAL CONTRIBUTION PER SERVING:		

INGREDIENTS	QUANTITY	DIRECTIONS
<i>Thai Style Kraken Cauliflower</i>		<ol style="list-style-type: none"> Preheat the oven to 400°F. Line a sheet pan with parchment paper and set aside. In a large bowl, add cauliflower florets, Thai Style Chili Sauce, soy sauce, vegetable oil, and Gochujang. Reserve any remaining sauce in the bowl and set aside. Place the coated florets onto a parchment lined sheet pan in an even layer. Roast the florets for 10 minutes, then rotate the pan and add 5 more minutes until fully roasted, some browning but still with some bite. Remove the sheet pan from the oven, add cauliflower to the bowl with the reserved sauce. Garnish with the sesame seeds and serve! <p>Note: The photo has cilantro as garnish, please disregard – the recipe calls for sesame seeds as the garnish.</p>
Cauliflower, florets	4 cups	
Thai Style Chili Sauce	¼ cup	
Soy sauce	4 Tbsp.	
Vegetable oil	2 Tbsp.	
Gochujang	2 tsp.	
Sesame seeds, black and white, mixed	1 tsp.	

NUTRITION INFORMATION PER SERVING																	
Calories	195	Total Fat	8.8	g	Saturated Fat	2.4	g	Cholesterol	0	mg	Sodium	1297	mg	Protein	4.3	g	
Total Carbohydrate	26.2	g	Dietary Fiber	3.9	g	Total Sugar	22.2	g	Vitamin D	0	mg	Calcium	42	mg	Iron	1	mg