**Vegetarian Buffalo Cauliflower Dip**

**Makes:** 6-8 Servings

Modified from KaraLydon

**INGREDIENTS**

- 1 head cauliflower, chopped into florets

- 1 tablespoon olive oil

- ⅛ teaspoon salt

- ⅛ teaspoon pepper

- 4 ounces cream cheese

- 1 cup plain Greek yogurt

- 1/3 cup Frank’s hot sauce (+ more to taste)

- 1 tablespoon ranch seasoning

- ¾ cup shredded mozzarella cheese

- ¼ cup crumbled blue cheese (Optional)

- Sliced green onion for garnish

- Carrot and celery sticks for serving

**DIRECTIONS**

1. Preheat the oven to 450 °F and line a baking sheet with parchment paper.
2. Toss the cauliflower florets with olive oil, salt and pepper on the baking sheet. Bake for 15-20 minutes, or until tender and slightly browned. When the cauliflower reaches this point, lower the oven temperature to 350 °F
3. Add the roasted cauliflower to the food processor and pulse until finely diced. Add cream cheese or non-dairy alternative, yogurt or non-dairy alternative, hot sauce, ranch seasoning and ½ cup shredded cheese or non-dairy alternative to the food processor and pulse until smooth and creamy.
4. Transfer the cauliflower mixture to a baking dish. Top with remaining shredded cheese or non-dairy alternative and optional blue cheese.
5. Bake for 25-30 minutes, or until mixture is heated through.
6. Remove from the oven and garnish with sliced green onion and serve with carrot and celery sticks.

**LOW PREP/DORM RECIPE TIPS**

If you don’t have access to an oven, try buying premade buffalo cauliflower dip and slicing up some fresh carrots or celery to dip and enjoy! Trader Joe’s sells a Creamy Cauliflower Jalapeno Dip, and Target sells a plant-based Buffalo Style Dip from ‘Good Foods.’

This recipe can also be adjusted to be made in a microwave right in your dorm! Rather than purchasing whole cauliflower to roast, you can purchase frozen riced cauliflower to be steamed in the microwave. Combine the steamed riced cauliflower with the ingredients as listed above, then put the mixture in a large bowl or baking dish. Microwave the mixture until the center is warm. Serve and enjoy with some vegetables!

*\*Note: Microwave option will lead to a softer dip, without the taste of the roasted cauliflower or the crust that typically forms on the dip when made in the oven.*