

Buffalo Cauliflower Grinders

INGREDIENTS

1 teaspoon coconut oil
4 heaping cups cauliflower (about 1 large head cauliflower), chopped into bite-sized florets
1 cup hot sauce (we used Frank's Red Hot)
2 cups broccoli slaw (store bought OR just shredded broccoli, carrots + red cabbage)
1 tablespoon olive oil
1 tablespoon lemon juice
pinch of salt
4 demi baguettes or ciabatta rolls
1/2 cup vegan chive cream cheese (we used Kite Hill)
green leaf lettuce, enough for 4 sandwiches

DIRECTIONS

Heat the coconut oil in a frying pan over medium heat. Chop the cauliflower florets and toss them in a pan with hot sauce. Cook them together over medium heat, tossing to coat, for about 12-15 minutes or until softened.

While the cauliflower cooks, pour the broccoli slaw mixture into a mixing bowl with the olive oil, lemon juice and pinch of salt. Toss to coat everything evenly and set aside.

Slice the ciabatta rolls or baguettes and smear about 2 tablespoons of cream cheese onto one side. Wash and dry the lettuce and set it aside.

When the cauliflower is done and cools slightly, scoop it onto the rolls and top with the slaw, leaf lettuce, and other half of the bun. Serve immediately or wrap in paper and take 'em along on a picnic lunch. Either way, enjoy!

NOTES

Serves 4.

Leftover cauliflower stays good in the fridge for up to a week.

