

January Produce Guide

January is a great month for in season fruits and vegetables. Some of those include:

- Acorn Squash
- Broccoli
- Beets
- Butternut squash
- Cabbage
- Cauliflower
- Celery
- Collards
- Grapefruit
- Kale
- Lemons
- Oranges
- Turnips



Buffalo Cauliflower Wings

Makes 2 servings. Cook time: 35 minutes.

- 1 head of cauliflower, chopped
- ½ cup all-purpose flour
- ½ cup water
- 1 tablespoon olive oil
- 1 tablespoon garlic powder
- ½ teaspoon salt
- 2/3 cups hot sauce
- 2 tablespoons butter

Instructions:

- 1) Preheat oven to 450 F
- 2) Cut up the head of cauliflower into bite sized pieces.
- 3) In a bowl, mix the flour, water, olive oil, garlic powder, and salt all together.
- 4) Coat the chopped-up cauliflower in the flour mixture until all pieces are evenly covered. Put on a greased baking sheet and place in oven for 15 minutes, flipping halfway through.
- 5) In a separate bowl, mix hot sauce and melted butter.
- 6) Take the cauliflower out of the oven and put in the bowl with the hot sauce mixture. Stir until evenly coated.
- 7) Place coated cauliflower back on the pan and put in the oven for an additional 20 minutes, flipping halfway through.
- 8) Serve warm!