Cauliflower bites

Ingredients

8 cups 1 1/2-inch cauliflower florets – bite size or a little bigger

Salt and Pepper – salt not really necessary

Hot sauce - Frank's RedHot

Sriracha sauce – to taste

Lemon juice

BBQ sauce

Honey

Preparation

1. Preheat oven to 450°F. Coat a large rimmed baking sheet with cooking spray – I just put them on an aluminum paper -.

2. Toss cauliflower in a large bowl. Make the sauce using all of the ingredients in the list in another bowl. Try to coat the cauliflower evenly, so make enough for the quantity you have -using your hands so coat them works really great -. Spread on the prepared baking sheet the coated cauliflower; reserve the two bowls. Roast the cauliflower until it's starting to soften and brown on the bottom, about 15 minutes.

3. Meanwhile, combine, again, hot sauce, sriracha to taste, honey, BBQ sauce and lemon juice in the bowl. Add the roasted cauliflower and toss to coat. Return the cauliflower to the baking sheet and continue roasting until hot, about 5 minutes more.