



Makes 8 pockets

Preparation Time: 30 minutes

INGREDIENTS:

2 15-oz. cans no-salt-added chickpeas

2 tablespoons white wine vinegar

1 tablespoon Dijon mustard

1 to 2 tablespoons hot sauce

1 tablespoon no-salt-added tomato paste

1 tablespoon extra-virgin olive oil (optional, [learn more](#))

1 12- to 16-oz. package frozen cauliflower, large florets cut into bite-size pieces

½ cup chopped onion

½ cup chopped carrot

3 cloves garlic, minced

Freshly ground black pepper, to taste

8 lettuce leaves

4 whole wheat pita bread rounds, halved crosswise and warmed (see gluten-free tip, recipe intro)

½ cup finely chopped celery

Lemon wedges

Buffalo Cauliflower Pita Pockets

Give frozen cauliflower a saucy zing in these pockets.

Here, **aquafaba**—the viscous liquid from a can of chickpeas—stands in for the butter that is typically found in buffalo sauce. The result is a silky sauce that is equal parts healthy and delicious. The pockets are stuffed with sautéed cauliflower, carrot, and onion, and creamy mashed chickpeas to hold it all together. Looking for more [healthy cauliflower recipes](#)? Take a peek!

Tips

Optional oil: This is a **Forks Flex Recipe**, which means it includes a small amount of optional oil. If you include the oil, you'll add approximately 30 calories, 4 g total fat, and 1 g saturated fat per serving.

Gluten-free version: To make this recipe gluten-free, use corn tortillas instead of pita pockets.

By Nancy Macklin, RDN

- 1 Drain garbanzo beans, reserving liquid (aquafaba). Rinse beans off. In a medium bowl mash ½ cup of the beans; set remaining beans aside. In a small bowl whisk together ¼ cup of the aquafaba (reserve remaining aquafaba for another use), the vinegar, mustard, hot sauce, and tomato paste. Stir into mashed beans.
- 2 For oil-free: In an extra-large skillet cook cauliflower, onion, carrot, and garlic over medium 3 to 4 minutes, stirring occasionally and adding water, 1 to 2 tablespoons at a time, as needed to prevent sticking. *(If using oil: In an extra-large skillet heat oil over medium. Add cauliflower, onion, carrot, and garlic, and cook over medium 3 to 4 minutes, stirring occasionally.)* Add whole beans and mashed bean mixture. Cook about 5 minutes or until most of the liquid has been absorbed and cauliflower is tender. Season with pepper. Place one lettuce leaf in each pita half, then fill pitas with cauliflower mixture and top with celery. Serve with lemon wedges and, if desired, additional hot sauce.