

Vegan Cashew-Ranch Cauliflower Nacho Skillet with Buffalo "Wings"

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OVEN
425°F

TIME
30 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

1 head of cauliflower, cut into florets
1 cup cashews (soaked in water for at least 2 hours)
1/2 cup water
1/4 cup nutritional yeast
1 tsp garlic powder
1 tsp onion powder
1/2 tsp dried dill
1/2 tsp dried parsley
Salt and pepper to taste
1/2 cup buffalo sauce
1/2 cup vegan ranch dressing (optional for drizzling)
Tortilla chips (about 5-6 cups)
Vegan cheese shreds (cheddar or nacho-style)
Diced tomatoes
Sliced jalapeños
Chopped green onions

DIRECTIONS

1. Preheat your oven to 425°F (220°C).
2. Make the cashew-ranch sauce: In a high-speed blender, blend the soaked cashews, water, nutritional yeast, garlic powder, onion powder, dill, parsley, salt, and pepper. Blend until completely smooth and creamy. Taste and adjust seasoning if needed.
3. Prepare the cauliflower "wings": Toss the cauliflower florets in the buffalo sauce until fully coated.
4. Roast the cauliflower: Spread the cauliflower on a lined baking sheet and roast for 25-30 minutes until golden and crispy on the edges.
5. Assemble the nacho skillet: In a large oven-safe skillet, layer tortilla chips, vegan cheese shreds, and roasted buffalo cauliflower. Repeat for two layers if you want it extra loaded.
6. Drizzle cashew-ranch sauce over the top and bake for 10 minutes until the cheese is melted and bubbly.
7. Add fresh toppings: Sprinkle with diced tomatoes, sliced jalapeños, and chopped green onions.
8. Serve hot with extra cashew ranch or vegan ranch dressing for dipping.

SWAPS & NOTES

Try sunflower seeds for a nut-free version of the ranch.
Buffalo sauce : Use mild or hot depending on your heat preference.

Vegan cheese : Use meltable brands like Violife, Daiya, or Follow Your Heart.

Chips : Blue corn or grain-free chips make fun variations.

TIPS FOR SUCCESS

Use a high-speed blender to get the cashew sauce super smooth-soaking the cashews well helps too.

Layer strategically : Cheese under the cauliflower helps everything melt together better.

Serve immediately : Nachos don't wait-they're best hot and crispy.

Make it a meal : Add seasoned black beans or taco-seasoned tofu crumbles for extra protein.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/vegan-cashew-ranch-cauliflower-nacho-skillet-with-buffalo-wings/>