

Crispy Cauliflower Bites

Try these baked crispy cauliflower bites as a snack or appetizer as an alternative to unhealthy fried foods.

Serving size: 4 servings

Ingredients:

- 1 head of cauliflower (cut into small pieces and stems removed)
- 1 cup whole wheat flour
- 1 teaspoon granulated onion
- 1 teaspoon paprika
- 1 teaspoon granulated garlic
- ¼ teaspoon cayenne pepper
- Salt and pepper (to taste)
- 1 cup egg whites (whisked)
- 2 cups Panko breadcrumbs
- ¼ cup parmesan (grated, optional)

Instructions:

1. Preheat oven to 425F and line a baking sheet with parchment paper or baking spray.
2. Heat ½ cup of water in a large pot and steam cauliflower for 5 minutes.
3. Remove cauliflower from the pot and allow to cool.
4. In a medium bowl, combine the flour with the spices.
5. In a separate bowl, combine the Panko breadcrumbs with the parmesan cheese and set aside.
6. Season the cauliflower with the flour mixture and then coat with the whisked egg whites.
7. Lastly, coat the cauliflower in the breadcrumb mixture.
8. Place the cauliflower onto the baking sheet and roast in oven for 20 minutes or until golden brown.
9. Serve with your favourite low-sugar barbecue sauce or ranch dip. Enjoy!

Nutrition Info

Serving size: ¼ of recipe

Calories: 239 calories

Fat: 2.1g

Saturated fat: 1.1g

Protein: 16g

Carbohydrates: 39.7g

Fiber: 4.7g

Sugars: 4.2g

Sodium: 186mg

Cholesterol: 5mg

