

# Crispy Cauliflower Bites

**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 425°F 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 the oven for 20 minutes or until golden brown.
9. Serve with your favorite 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



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