

Hot Cauliflower "Chicken"

Ingredients:

- 1 head Cauliflower
- 2 Eggs or Egg Substitute
- Hot Sauce to taste
- 3/4 cup Whole-Wheat Flour
- 4 tsp of Desired Seasoning (Garlic Powder, Paprika, Cayenne, Black Pepper)



Directions:

1. Preheat oven to 350°F and prep baking sheet with either parchment paper or cooking spray.
2. Cut cauliflower into small bite-sized pieces.
3. In a small bowl, whisk together eggs and hot sauce.
4. In a different bowl, whisk together flour and seasoning. For a more "chicken" taste you can add some chicken-flavored seasoning.
5. Dip cauliflower bites into egg mixture, then dip into the flour mixture. Then place covered cauliflower floret on baking sheet.
6. Do this with all the cauliflower florets.
7. Bake in oven for 25 minutes, flipping halfway.
8. You can add any additional spices or sauces to the cauliflower once cooked.

These cauliflower "chicken" bites are a great way to get added fiber and antioxidants but in a delicious taste. Have a few as a snack or pair with rice or grilled veggies to make a filling meal!