

Cauliflower Bites

- 2 cups panko bread crumbs
- cooking oil spray
- 1 small head of cauliflower cut into bite-sized pieces
- 2 eggs whisked
- 1 tbsp. finely chopped parsley (optional)
- ranch seasoning packet
- 1 tbsp. dried parsley flakes
- 1 tsp dried dill weed
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/2 tsp dried chives
- 1/4 tsp salt
- 1/2 tsp ground black pepper
- Bottle of Ranch Dressing

Preheat oven to 375°. Line a large baking sheet with parchment paper (Foil can be used). Spread out panko bread crumbs onto the baking sheet in a very thin layer so they will bake evenly. You can use 2 baking sheets if needed. Spray crumbs lightly and evenly with cooking oil spray. Bake for about 5 minutes until crumbs are a light golden brown. Allow crumbs to cool and move from the baking sheet to a bowl. Reline baking sheet with clean parchment paper (Foil can be used).

Take a cauliflower piece and coat it in the egg, make sure to shake off any excess egg drippings before adding it to the panko bread crumbs (If the egg drippings get onto the panko, the panko will not stick to the cauliflower.). Place cauliflower in panko crumbs and press crumbs onto the cauliflower. Remove the cauliflower and place it onto the baking sheet. Repeat with

the remaining cauliflower.

Bake for about 15 - 20 minutes or until cauliflower is crispy and a golden brown.

Mix parsley flakes, dill, garlic powder, onion powder, chives, salt, and black pepper. Sprinkle mixture over cauliflower. The seasoning blend is concentrated so use it sparingly. You can store any leftover spice mixture in an airtight container for later use.

Use Ranch Dressing for dipping sauce.



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