

CRUNCHY CAULIFLOWER POPPERS

Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 5 (Serving= 5 florets)

Nutrition (per serving)

Calories: 94

Total Fat: 2 g

Saturated Fat: 1 g

Sodium: 275 mg

Total Carbohydrate: 14 g

Dietary Fiber: 3 g

Protein: 7 g

Ingredients

- 1 medium head of cauliflower
- 3 egg whites
- 1 cup whole wheat panko bread crumbs (choose gluten free breadcrumbs for GF version)
- ½ cup shredded Parmesan cheese
- ¼ teaspoon dried basil
- ¼ teaspoon dried oregano
- 1/8 teaspoon garlic powder
- 1/8 teaspoon onion powder
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- Cooking spray



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Directions

1. Preheat the oven to 375 degrees Fahrenheit.
2. Cut the cauliflower into small florets, keeping them uniform in size.
3. Place the egg whites in a small bowl. In a different bowl, combine bread crumbs, cheese, basil, oregano, garlic and onion powder, salt and pepper.
4. Dip florets in the egg whites and then into the bread crumb mix, making sure to fully coat.
5. Spray a baking sheet with cooking spray. Place florets on the sheet, then coat them with a thin layer of cooking spray.
6. Place baking sheet in the oven and let bake for 35-40 minutes or until fork tender, turning halfway through and re-spraying.
7. Enjoy with your favorite marinara sauce!