



## HG's Big Bang Bang Cauliflower Bites



1/4th of recipe (about 7 pieces with about 1 tbsp. sauce): 139 calories, 2.5g total fat, 366mg sodium, 24g carbs, 5g fiber, 11.5g sugars, 6.5g protein

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**Prep:** 20 minutes    **Cook:** 30 minutes



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### Ingredients

1/4 cup egg whites or fat-free liquid egg substitute  
1/4 tsp. + 1/8 tsp. cayenne pepper  
6 cups cauliflower florets (each about 2 inches wide)  
1/2 cup whole-wheat panko breadcrumbs  
1/4 tsp. garlic powder  
1/4 tsp. onion powder  
2 tbsp. fat-free plain Greek yogurt  
2 tbsp. light mayonnaise  
2 tbsp. sweet Asian chili sauce  
2 tsp. Frank's RedHot Original Cayenne Pepper Sauce  
2 tsp. honey  
1/8 tsp. crushed red pepper flakes  
Optional topping: chopped cilantro

### Directions

Preheat oven to 375 degrees. Spray a large baking sheet with nonstick spray.

In a large bowl, whisk egg whites/substitute with 1/4 tsp. cayenne pepper. Add cauliflower, and toss to coat.

In another large bowl, mix breadcrumbs with garlic powder, onion powder, and remaining 1/8 tsp. cayenne pepper.

One at a time, shake cauliflower florets to remove excess egg, and lightly coat with seasoned breadcrumbs. Place on the baking sheet, evenly spaced.

Bake until cauliflower is slightly crispy on the outside and tender on the inside, about 30 minutes.

Meanwhile, to make the sauce, combine all remaining ingredients in a medium bowl. Mix until smooth and uniform.

Transfer cauliflower to a large plate, and drizzle with half of the sauce. Serve with remaining sauce for dipping.

**MAKES 4 SERVINGS**

**HG FYI:** These taste best when eaten immediately... That's when they're nice and crispy!

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