

Recipe for

OVEN-FRIED CAULIFLOWER

EQUIPMENT NEEDED large bowl, medium bowl, small bowl, baking sheet
with optional parchment paper, oven, spoon, knife, cutting board

SERVES 2-3 ESTIMATED COST \$10.50 COST PER SERVING \$3.50

INGREDIENTS

- 2 bags frozen cauliflower (steam-able or frozen)
 - OR 1 large cauliflower, chopped (if not using frozen option)
- 1 ½ cup flour
- 2 tsp onion powder
- 1 tsp cumin, ground
- 3 tbsp everything bagel seasoning OR seasoning blend of choice
- 1 tbsp cornstarch
- 2 tsp black pepper
- 2 eggs, beaten
 - OR 1 ea (4 oz) unsweetened applesauce cup
 - OR ½ cup chia water (2 tsp of chia seeds and ½ cup water)
- ½ cup milk
- 2 tbsp cooking oil (e.g. sesame seed, olive, grapeseed)

METHOD OF PREPARATION

1. Preheat the oven to 380-400°F. Line a baking sheet with parchment paper (optional).
 2. Thaw frozen cauliflower in a large bowl 15 mins prior to cooking. If using fresh cauliflower, wash, cut, and place in large bowl.
 3. In a small bowl, mix flour, onion powder, cumin, everything bagel seasoning, cornstarch, and black pepper.
 4. In a medium bowl, add beaten eggs (or applesauce or chia water), milk, and a dash of salt and mix well.
 5. Pour egg mixture over cauliflower and toss to coat evenly.
 6. Toss small batches of cauliflower in flour mixture and coat evenly.
 7. Place full battered cauliflower onto baking sheet and spread evenly.
 8. Drizzle oil over cauliflower.
 9. Bake in oven for 35 minutes, checking halfway to stir cauliflower. Cauliflower should be golden brown and tender. Remove from oven.
 10. Serve warm with your favorite salad or as a side dish. Enjoy!
- Side note:** if you would like to make it more flavorful, drizzle your favorite sauce over the cauliflower 10 mins before taking it out of the oven. Once you drizzle the sauce, toss lightly for an even bake.

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NUTRITION INFORMATION

Oven- Fried Cauliflower		
Nutrition Facts		
Serving Size	1 Serving	
Amount Per Serving		
Calories	587.1	
% Daily Value*		
Total Fat	20.6 g	26 %
Saturated Fat	3.9 g	19 %
Trans Fat	0 g	
Cholesterol	96.3 mg	32 %
Sodium	188.2 mg	8 %
Total Carbohydrate	85.1 g	31 %
Dietary Fiber	15.3 g	55 %
Total Sugars	7.4 g	
Added Sugars	0 g	0 %
Protein	21.5 g	
Vitamin D	0.9 mcg	5 %
Calcium	136.7 mg	11 %
Iron	5.3 mg	29 %
Potassium	841.4 mg	18 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

HEALTH BENEFITS

Cauliflower and other cruciferous vegetables have a specific health promoting plant chemical called “**glucosinolates**” (**glue-ko-sin-no-lates**) that promote anti-cancer effects and metabolism in gut microbiota, creating an effective and efficient environment for gut health, especially in the small intestines.



HEALTH BENEFITS

Cauliflower helps the body produce protective compounds against breast and prostate cancers, and are packed with **Vitamin C, E, K, folate, minerals, and fiber.**

Recipe provided by LA Dixon