

Cauliflower Bites with Dips/Sauces



PREPS:

- Preheat oven to 425 degrees
- Place cauliflower on a large cutting board.
- Using a large, heavy knife, cut it in half from the bottom stem all the way through the top.
- From there, cut smaller cauliflower florets.
- Line cookie pan with parchment paper

Ingredients

1 large head cauliflower (about 5 cups)

- 1 cup water
- $\frac{3}{4}$ cup all purpose flour
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- $\frac{1}{2}$ tbsp. cumin
- $\frac{1}{4}$ teaspoon salt
- 1 tablespoon paprika
- $\frac{1}{4}$ teaspoon black pepper (OPTIONAL)
- 1 $\frac{1}{2}$ cups panko breadcrumbs

1. Add the water, flour, garlic powder, onion powder, paprika, and salt/pepper to a large bowl, big enough to hold all the cauliflower as well as the batter.
2. Whisk well until smooth.
3. Add the cauliflower to the batter in the bowl and toss to combine. (Work in batches if easier). Remove the pieces of cauliflower, one by one, and tap off the excess batter a few times on the side of the bowl.
4. If desired, roll each cauliflower piece in panko breadcrumbs.



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5. Place the battered pieces on the prepared baking sheet and make sure the florets are not touching each other.
6. Bake for 20 minutes, flipping them over when done. Bake for another 15 minutes or until they're golden and crispy. Smaller pieces will take a little less time, but if you have large florets, it may take a little longer.

While the cauliflower is baking, prepare the hot sauce, ranch dip, and avocado dip.

SIDE NOTE: When the cauliflower is done baking, either brush each floret with hot sauce or add them to a large bowl and toss in the sauce. At this point, you can just serve them immediately, OR to make them crispier put them back in the oven for another 15-20 minutes.

Hot Sauce

- 1/3 cup Red Hot Sauce
 - ¼ cup honey
1. Add all of the ingredients into a container and using a spoon or whisk, mix until mixed.

Avocado Lime Dip

- 1 cup Greek Yogurt
 - 1 medium avocado
 - 2 tbsp lime juice
 - 1/2 tsp kosher salt
 - 1/4 tsp ground cumin
 - 1/4 tsp garlic powder
1. Add all of the ingredients into a container and using a blender, puree until smooth, scraping down sides as needed. Season to taste.

Homemade Dill Dip-Knock-Off Ranch Dressing

- 1/2 cup Greek yogurt
- 1 tbsp apple cider vinegar
- 2 tbsp fresh dill chopped or 1 tbsp of dried dill
- 1 tsp sugar or more for sweeter
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1/2 tsp garlic powder



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