

# Panko Crusted Cauliflower Bites

- 1 head of cauliflower, cut into small florets
- 1 cup whole wheat Panko crumbs
- 2 teaspoon Italian seasoning
- 1/2 teaspoon garlic powder
- 1/4 teaspoon black pepper
- 2 tablespoons Dijon mustard
- 3 egg whites
- non-stick cooking spray



1. Preheat oven to 425 degrees Fahrenheit.
2. Line a cookie sheet with aluminum foil and spray with non-stick cooking spray.
3. Combine egg whites and Dijon mustard in a shallow bowl.
4. Combine Panko crumbs, Italian seasoning and garlic powder and place in a shallow bowl.
5. Dip each piece of cauliflower floret into the egg white mix and then coat with dry ingredients.
6. Place each coated cauliflower floret on cookie sheet.
7. Bake for 20-25 minutes or until cauliflower is tender and golden-brown in color.

Serve with your favorite dipping sauce (I used fat-free Ranch dressing)