

THE CULINARY

Playground



Cauliflower Poppers with Creamy Parm Dip

*Cauliflower can help strengthen bones,
boost the cardiovascular (circulation) system, and prevent cancer.*

Poppers

8 cauliflower florets
2 T egg beaters
Salt and pepper
3 T panko bread crumb
1 heaping T grated parmesan cheese
1/4 t oregano
1/8 t salt
Big pinch pepper

Preheat oven to 425 degrees, convection

In a small bowl combine egg beaters and a pinch of salt and pepper. Whisk with fork.

In another small bowl add panko, cheese, oregano, salt and pepper.

Spray a baking sheet with cooking spray.

Dip a cauliflower floret into egg and turn to fully coat. Dip into panko mixture and fully coat. Place on baking sheet. Continue with remaining florets placing them in a single layer on sheet. Spray cauliflower with cooking spray to help brown.

Bake for 15-20 minutes until fork tender and golden.

Dip

2 T sour cream
2 T mayonnaise
2 T grated parmesan cheese
1/2 T lemon juice
1/4 t granulated garlic
Big pinch salt and pepper

Combine all ingredients in a small bowl and stir until smooth.