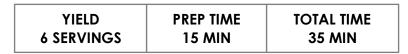
Orange Teriyaki Cauliflower Wings

This recipe can be the perfect appetizer, snack, or side dish. It's a great way to eat your veggies with a savory twist.





Wings

1 each Cauliflower, Medium, cut into florets

1 cup Flour All Purpose

34 cup Milk, 1%

1 tsp1 tsp1 tsp2 Onion Powder2 tsp3 Smoked Paprika

1/4 tsp Kosher Salt

1 tsp Sesame Seeds (optional)

Teriyaki Sauce

½ cup Water

2 Tbsp Low Sodium Soy Sauce

1/4 tsp Rice Vinegar

1/4 tsp Toasted Sesame Oil

1 Tbsp Light Brown Sugar, Packed

1/4 tsp Ground Ginger 1/4 tsp Garlic Powder

2 tsp Cornstarch





CHEF'S NOTES

Cauliflower is packed with Vitamin C & K and is a great source of fiber. Its mild flavor and texture make it a versatile vegetable that can be transformed into other dishes like Cauliflower Wings!

This recipe can easily be altered to accommodate any food allergy. Try swapping the 1% milk for unsweetened almond milk or swapping the All-purpose Flour for Gluten Free Flour or Almond Flour.

DIRECTIONS

- 1. Gather all necessary equipment and ingredients. Preheat oven to 425 degrees. Line baking sheet with parchment paper.
- 2. Cut cauliflower head into small florets, removing the stem and leaves
- 3. Combine flour, garlic powder, onion powder, smoked paprika, and kosher salt in a large bowl. Whisk together. Add milk and whisk together.
- 4. Dip cauliflower florets into batter. Coat evenly. Tap off any excess batter and place cauliflower and place cauliflower on lined baking sheet.
- 5. Bake cauliflower wings for 20 minutes.

Meanwhile, make Teriyaki Sauce:

- 6. In a saucepan over medium heat, add ½ cup water soy sauce, light brown sugar, honey, ground ginger, and garlic powder. Let mixture come to a boil, whisking often.
- 7. In a small bowl add fresh orange juice and cornstarch, whisking until cornstarch is dissolved.
- 8. When sauce is brought to a boil, add orange juice/cornstarch mixture to the saucepan.
- 9. Bring the sauce back to a boil, whisking frequently. Once boiling, cook for 3-4 minutes or until desired thickness is reached. For best results, sauce should easily coat the back of a spoon.
- 10. Serve the wing and sauce warm. Dip the cauliflower wing in sauce and enjoy!

Nutrition Facts	
6 servings per container Serving Size about 1 cu	p (205 g)
Amount per serving	
Calories	160
% Daily Value *	
Total Fat 2g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol less than 5mg	0%
Sodium 320mg	14%
Total Carbohydrate 31g	11%
Dietary Fiber 3g	11%
Total Sugars 10g	
Includes 2g Added Sugars	4%
Protein 6g	13%
Vitamin D 0.49mcg	2%
Calcium 100mg	7%
Iron 2mg	10%
Potassium 400mg	9%
*The % Daily Value (DV) tells you how much a nutrient in a ser contributes to a daily diet. 2,000 calories a day is used for gen	•



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