

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.

YIELD 6 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 35 MIN
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INGREDIENTS

Wings

1 each	Cauliflower, Medium, cut into florets
1 cup	Flour All Purpose
¾ cup	Milk, 1%
1 tsp	Garlic Powder
1 tsp	Onion Powder
½ tsp	Smoked Paprika
¼ tsp	Kosher Salt
1 tsp	Sesame Seeds (optional)

Teriyaki Sauce

½ cup	Water
2 Tbsp	Low Sodium Soy Sauce
¼ tsp	Rice Vinegar
¼ tsp	Toasted Sesame Oil
1 Tbsp	Light Brown Sugar, Packed
¼ tsp	Ground Ginger
¼ tsp	Garlic Powder
2 tsp	Cornstarch

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:



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.

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 cup (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 serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

