

PARMESAN CAULIFLOWER BITES

YIELD: 4 SERVINGS PREP TIME: 15 MINUTES COOK TIME: 10 MINUTES
TOTAL TIME: 25 MINUTES



Crisp, crunchy cauliflower bites that even the pickiest of eaters will love. Perfect as an appetizer or snack!

INGREDIENTS:

- 1/2 cup vegetable oil
- 1 cup Panko*
- 1/4 cup freshly grated Parmesan
- 1 tablespoon [Emeril's Essence Creole Seasoning](#)
- 4 cups cauliflower florets
- 1/2 cup all-purpose flour
- 2 large eggs, beaten

DIRECTIONS:

1. Heat vegetable oil in a large skillet over medium high heat.
2. In a large bowl, combine Panko, Parmesan and Emeril's Essence; set aside.
3. Working in batches, dredge cauliflower in flour, dip into eggs, then dredge in Panko mixture, pressing to coat.
4. Add cauliflower to the skillet, 5 or 6 at a time, and cook until evenly golden and crispy, about 2-3 minutes.
Transfer to a paper towel-lined plate.
5. Serve immediately.

**Panko is a Japanese-style breadcrumb and can be found in the Asian section of your local grocery store.*

Adapted from [The Cozy Apron](#).

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