



# Sriracha Buffalo Cauliflower Bites

## Ingredients

- 2 small or 1 large head cauliflower cut into florets
- 3 eggs, beaten
- 1 1/4 cups panko bread crumbs. may use a gluten free bread crumb if needed
- 1/2 cup grated parmesan cheese. omit if vegan
- 1 teaspoon paprika
- 1 teaspoon salt + pepper
- 1/2 cup sriracha
- 1/4 cup hot sauce I like using Franks hot sauce
- 6 tablespoon butter melted vegan eaters can use vegan butter or olive oil
- 1 teaspoon low-sodium soy sauce OR fish sauce

### ***Lighter Greek Yogurt Blue Cheese Sauce***

- 1/2 cup plain greek yogurt
- 1/3 cup blue cheese crumbled
- 1 tablespoon fresh lemon juice
- 1/8 teaspoon garlic powder
- salt + pepper to taste
- 1/4 cup fresh cilantro chopped

## Directions

1. Preheat the oven to 400 degrees F. Line a large cookie sheet with cooking parchment paper.
2. Add the beaten eggs to a bowl. In another, separate bowl, combine the bread crumbs, parmesan, paprika, salt, and pepper.
3. Dip each cauliflower floret through the egg and then dredge through the bread crumbs, making sure to cover the cauliflower completely in the bread crumbs. Place on the prepared baking sheet and repeat with the remaining cauliflower.
4. Bake for 25 minutes, turning the cauliflower halfway through cooking.
5. Meanwhile, whisk together the sriracha, hot sauce, butter and soy sauce (or fish sauce) until smooth. Once the cauliflower are done roasting, gently toss with the sriracha buffalo sauce and then return each piece to the baking sheet. Place back in the oven to warm through, about 5 minutes.
6. Transfer to a serving plate and garnish with fresh cilantro or parsley. Serve with the greek yogurt blue cheese sauce (recipe below).

### ***Lighter Greek Yogurt Blue Cheese Sauce***

1. In a bowl, mix together the yogurt, blue cheese, lemon juice, garlic powder, salt and pepper. Taste and adjust salt + pepper to your liking. Keep stored in the fridge until ready to use. Will keep for 1 week.