



Air-Fryer Cauli-Bites

🍴 Makes 6 servings ⌚ Cook time: 10 minutes

Ingredients

- Cooking spray
- 2 ½ cups Stacy's® Sea Salt Pita Thins (about 2 ½ oz.)
- 1 ½ tsp. smoked paprika
- ½ tsp. garlic powder
- ½ tsp. onion powder
- ¼ tsp. ground red pepper
- ¼ tsp. kosher salt
- 2 large eggs
- 4 cups small cauliflower florets (about 1 medium head)
- Bottled hot wing sauce (optional)

Instructions

1. Preheat air fryer to 375°F.
Coat basket with cooking spray, as needed.
2. Place Stacy's® Sea Salt Pita Thins in bowl of a food processor; process until mixture resembles coarse meal, 30 to 45 seconds. Combine crumbs, smoked paprika, garlic powder, onion powder, ground red pepper, and salt in a small bowl. In a separate small bowl, lightly beat the eggs.
3. Dip each cauliflower floret into egg, then dip into crumb mixture, coating all sides. Arrange coated cauliflower in air fryer basket in a single layer. (Don't overcrowd basket, and work in batches if necessary). Spray tops of cauliflower lightly with cooking spray.
4. Cook cauliflower in preheated air fryer until golden brown and crisp, about 10 minutes (Different air fryers cook differently, so watch to ensure cauliflower doesn't burn). Drizzle with hot wing sauce to taste.

Nutrition Info: Calories: 100 | Total Fat: 2g | Saturated Fat: 0.5g | Cholesterol: 60mg | Sodium: 210mg
Total Carbohydrates: 4g | Dietary Fiber: 2g | Sugars: 2g | Added Sugar: 0g | Protein: 5

Stacy's