



CRUNCHY POPCORN CAULIFLOWER

Ingredients:

- 3 OUNCES PRETZEL STICKS (ABOUT 22), BROKEN INTO PIECES
- 1/3 CUP PECANS
- 2 LARGE EGG WHITES
- 2 TABLESPOONS WATER
- 1 TEASPOON DIJON MUSTARD
- 1 TEASPOON GARLIC POWDER
- 4 CUPS 1-INCH CAULIFLOWER FLORETS
- 1/4 TEASPOON KOSHER SALT
- CANOLA OR AVOCADO OIL COOKING SPRAY
- 1/2 CUP DIPPING SAUCES FOR SERVING, SUCH AS HONEY MUSTARD, RANCH DRESSING AND/OR KETCHUP

Method

1. PREHEAT OVEN TO 450 DEGREES F. THOROUGHLY COAT A WIRE RACK WITH COOKING SPRAY AND SET ON A FOIL-LINED BAKING SHEET.
2. COMBINE PRETZELS AND PECANS IN A FOOD PROCESSOR; PULSE UNTIL THE PECANS AND PRETZELS ARE EVENLY CHOPPED. TRANSFER TO A SHALLOW DISH.
3. WHISK EGG WHITES, WATER, MUSTARD AND GARLIC POWDER IN A SECOND SHALLOW DISH. ADD CAULIFLOWER IN BATCHES AND TURN TO COAT, THEN DREDGE IN THE PECAN MIXTURE, TURNING TO COAT EVENLY. SHAKE OFF EXCESS. (DISCARD ANY REMAINING EGG AND PECAN MIXTURE.) PLACE THE CAULIFLOWER ON THE PREPARED RACK AND THOROUGHLY COAT WITH COOKING SPRAY.
4. BAKE UNTIL THE CAULIFLOWER IS TENDER AND THE CRUST IS GOLDEN, 20 TO 25 MINUTES. SPRINKLE WITH SALT. SERVE WITH DIPPING SAUCE(S), IF DESIRED.