



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Take On Wings...for Tailgate, Dinner or Snacks!

Air fryers shorten cooking time, which can be helpful on busy nights. Shortened cook time is also great when you're planning a tailgate menu and time is limited. If you don't have an air fryer, you can still use the oven and cook on parchment-lined sheet pans for a bit longer time.

One trend full of flavor and very satisfying is using cauliflower in a variety of recipes. Cauliflower supplies vitamins and minerals like B6, C, K, folate, potassium, fiber and powerful antioxidants.

It makes an excellent meat alternative, as well as a gluten-free option in recipes like pizza, fried rice and tacos.

These "wings" would work with any sauce you prefer, but this sweet Asian flare is quite tasty!



Air Fryer Honey-Sesame Cauliflower "Wings"

Ingredients:

- 1 cup all-purpose flour
- 1/2 tsp. kosher salt
- 1/2 tsp. ground black pepper
- 5 large eggs
- 2-3/4 cups plain panko breadcrumbs
- 1 large head cauliflower, cut into florets (about 8 cups)
- 2 garlic cloves, minced
- 1/2 cup honey
- 1/4 cup less-sodium soy sauce
- 2 Tbsps. rice vinegar
- 2 Tbsps. sesame oil
- 1/2 tsp. grated fresh ginger
- 2 green onions, thinly sliced
- 1 tsp. sesame seeds, toasted



Directions:

1. Line rimmed baking pan with parchment paper. In wide, shallow dish, whisk flour, salt and pepper. In separate shallow dish, whisk eggs; place breadcrumbs in third shallow dish. Dredge cauliflower in flour mixture, shaking off excess, then dip in eggs and breadcrumbs to coat; place on prepared pan and refrigerate.
2. Preheat 3-quart air fryer to 400° for 5 minutes, spray cauliflower with cooking spray. In 3 batches, air fry cauliflower 5 minutes or until golden brown and crisp, turning once; transfer to second rimmed baking pan and keep warm in oven. Makes about 40 "wings."
3. In small saucepan, cook garlic, honey, soy sauce, vinegar, oil and ginger 3 minutes or until slightly thickened, whisking occasionally; transfer 1/2 cup to large bowl. Add cauliflower to garlic mixture, toss.
4. Serve cauliflower sprinkled with onions and sesame seeds along with remaining garlic mixture.