

# General Tso Cauliflower

TOTAL TIME: 0:40

Cook: :30

Level: Easy

SERVES: 4 SERVINGS

## INGREDIENTS

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- 1 large head cauliflower, cut into large florets
  - 1 c. all-purpose flour
  - 1 c. milk
  - 1 c. panko bread crumbs
  - kosher salt
  - Freshly ground black pepper
  - 1 tbsp. vegetable oil
  - 2 cloves garlic, minced
  - 1/2 tbsp. freshly grated ginger or 1 teaspoon ground ginger
  - 3/4 c. sweet chili sauce
  - 1/3 c. low-sodium soy sauce
  - Juice of 1 lime
  - Cooked rice, for serving
  - Sesame seeds, for garnish
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- Green onions, for garnish
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## DIRECTIONS

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1. Preheat oven to 400°. Dredge cauliflower in flour, milk, and bread crumbs and transfer to a baking sheet lined with a rack or a parchment paper. Season with salt and pepper.
2. Bake until deeply golden and crispy, 20 to 30 minutes.
3. Meanwhile, make sauce: In a small saucepan over low heat, heat oil. Add garlic and ginger and cook until fragrant and softened, 2 minutes, then add sweet chili sauce, soy sauce, and lime juice. Simmer 5 minutes until thickened.
4. Transfer cauliflower to a large bowl and add sauce. Toss gently until completely coated.
5. Serve over rice with sesame seeds and green onions.

**Nutrition Facts**

**Seva - General Tso's Cauliflower**

Servings: 1 cup 1 container (4 cups ea.) 1 fluid ounce

<b>Calories</b>	358	<b>Sodium</b>	410 mg
<b>Total Fat</b>	24 g	<b>Potassium</b>	460 mg
<b>Saturated</b>	4 g	<b>Total Carbs</b>	34 g
<b>Polyunsaturated</b>	3 g	<b>Dietary Fiber</b>	4 g
<b>Monounsaturated</b>	16 g	<b>Sugars</b>	11 g
<b>Trans</b>	0 g	<b>Protein</b>	10 g
<b>Cholesterol</b>	55 mg		

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<b>Vitamin A</b>	0%	<b>Calcium</b>	0%
<b>Vitamin C</b>	0%	<b>Iron</b>	0%

\*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.