



Makes 4 to 5 cups florets + ¾ cup sauce
Preparation Time: 20 minutes
Cook Time: 1 hours 20 minutes

INGREDIENTS:

4 oz. firm silken tofu, drained

1 to 2 tablespoons unsweetened, unflavored plant milk

5 tablespoons lemon juice

1½ teaspoons Dijon mustard

½ teaspoon onion powder

¾ teaspoon dried parsley

½ teaspoon garlic powder

¾ teaspoon freshly ground black pepper

¼ teaspoon sea salt

1 tablespoon chopped fresh chives, plus extra for garnish (optional)

1 tablespoon chopped fresh dill, plus extra for garnish (optional)

½ cup brown rice flour

2 teaspoons lemon zest

1 head cauliflower, cut into florets (4 to 5 cups)

Lemon wedges

Chopped fresh chives and/or dill

Crispy Cauliflower Bites with Ranch Dip

Party-ready and fabulous, these crispy **cauliflower** bites are perfect for passing around at your next shindig. The tender florets, coated in a lemony sauce with hints of parsley, garlic, and black pepper, get crispy when baked. Chill the coated cauliflower for at least 30 minutes and up to 24 hours before baking. Chilling for an hour or longer will impart more flavor and draw out moisture for a crisper final result, so if you've got the time, it's worth planning ahead! Serve with a fragrant herb-infused ranch dressing for dipping.

Tips

Gluten-free version: To make this gluten-free, choose a gluten-free brand of Dijon mustard.

For more inspiration, check out these tasty ideas:

- [Air-Fried Cauliflower Poppers with Smoky Garlic Dipping Sauce](#)
- [Crispy Buffalo Cauliflower Bites](#)
- [Sweet Potato Stuffed Mushrooms](#)
- Or check out our full roundup of delicious **vegan appetizers**.

By Caitlyn Diimig, RD

- 1 To make Ranch Dressing, in a small blender or food processor combine tofu, plant milk, 1 tablespoon of the lemon juice; Dijon mustard; onion powder; ¼ teaspoon each of the parsley, garlic powder, and black pepper; and ⅛ teaspoon sea salt. Cover and blend until smooth. Transfer to a bowl; stir in chives and dill. Cover and chill up to 1 week.
- 2 In a very large bowl whisk together the brown rice flour, lemon zest, the remaining ¼ cup lemon juice, ½ teaspoon dried parsley, ½ teaspoon black pepper, ¼ teaspoon garlic powder, ⅛ teaspoon salt, and ¼ cup water. Add cauliflower florets; toss until well coated. Cover and chill at least 1 hour or up to 1 day.
- 3 Preheat oven to 450°F. Line a large baking sheet with foil. Arrange cauliflower in a single layer on the prepared baking sheet, making sure florets do not touch.
- 4 Bake 20 to 25 minutes or until cauliflower is crisp on the edges. Let stand on pan 3 minutes (cauliflower will continue to crisp). Serve immediately with ranch dressing and lemon wedges. Sprinkle with chives and/or dill.