



Cauliflower Tots

Servings 4 | Prep time 15 mins. | Total time 35 mins.

Equipment: Baking sheet, Box grater, Large bowl, Tin foil or parchment paper (optional)

Utensils: Measuring cups and spoons, mixing spoon or spatula

Ingredients

Non-stick spray

2 cups cauliflower (about half of a medium head)

1 egg

3 tablespoons flour

¼ cup low-fat shredded cheddar cheese

1/4 teaspoon pepper

Instructions

1. Before you begin wash your hands, surfaces, utensils, and vegetables.
2. Preheat oven to 400 degrees. Spray baking sheet with non-stick spray or line with parchment paper or tin foil.
3. Grate cauliflower into a large bowl using the large holes of a box grater.
4. Add egg, flour, cheese, and pepper to cauliflower, mix well.
5. Form ~20 balls or logs of the cauliflower mixture. Evenly distribute them on a prepared baking sheet.
6. Bake for 20 minutes.

Nutritional Information:

Calories 80

Total Fat 4g

Sodium 80mg

Total Carbs 8g

Protein 5g