



Cauliflower Tots

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

Equipment:

Baking sheet
Aluminum foil or parchment paper (optional)
Box grater
Large bowl,

Utensils:

Measuring cups and spoons

Ingredients

Non-stick spray (if using)
2 cups cauliflower (about half of a medium head)
1 egg
3 tablespoons flour
1/4 cup cheddar cheese, shredded
1/4 teaspoon black 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 about 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