



# 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 the prepared baking sheet.
6. Bake for 20 minutes.

## Nutritional Information:

Calories 80  
Total Fat 4g  
Sodium 80mg  
Total Carbs 8g  
Protein 5g