RECIPE

Baked Cauliflower Tots

Cauliflower contains vitamin C, which helps prevent colds and heal cuts.

Makes: 3 Servings
Source: mainesnap-ed.org

Small Changes, BIG Difference!

Vegetables | Protein | Grains | Dairy

Ingredients

- 2 cups cauliflower
- 1 egg
- 3 tablespoons flour
- ¼ cup low-fat cheddar cheese
- ¼ teaspoon salt

Directions

1. Preheat oven to 400 degrees. Spray a baking sheet or line with parchment paper or foil.
2. Grate cauliflower on large holes of a box grater.
3. In a medium bowl, combine cauliflower, egg, flour, cheese, and salt; mix well.
4. Press mixture together to make about 15 small balls or logs; Place on the baking sheet with space between each ball or log.
5. Bake for 20 minutes or until cooked through. For extra crispy tots, broil for an extra 2 minutes. Watch closely to avoid burning.
6. Refrigerate leftovers within 2 hours.

Nutrition Information

Serving Size: 5 Tots

Nutrients	Amount
Calories:	70
Total Fat:	2.5 g
Saturated Fat:	1 g
Sodium:	200 mg
Total Carbohydrates:	8 g
Dietary Fiber:	2 g
Total Sugars:	2 g
Protein	5 g

Utensils Needed

- Baking Sheet
- Cheese Grater
- Medium bowl & spoon
- Measuring cups & spoons

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