

Cauliflower Tots

Ingredients:

- ½ head of cauliflower
- 1 egg
- 3 Tbsp. flour
- ¼ cup shredded cheddar cheese
- ¼ tsp. salt.
- Optional seasonings: dried parsley and garlic powder

Tools:

- Oven mitts
- Baking sheet
- Nonstick cooking spray, parchment paper or tinfoil
- Mixing bowl
- Mixing spoon or fork
- Knife
- Cutting board
- Grater

Directions:

1. Preheat oven to 400 degrees. Spray a baking sheet or line with parchment paper or foil.
2. Remove stem from cauliflower. Grate on large holes of a grater.
3. In a medium bowl, combine cauliflower, egg, flour, cheese, and salt; mix well.
4. Press mixture together to make about 12 tots. Place on the baking sheet with space between each tot.
5. Bake for 20-30 minutes or until cooked through. For extra crispy tots, broil for an extra 2 minutes. Watch closely to avoid burning.
6. Cool for 2 minutes. Refrigerate leftovers within 2 hours.

Recipe by Food Hero

Provided by Northwest Food Coalition's Farm2Neighbor program

Watch the video: <https://northwestmifoodcoalition.org/videos/cauli-tots/>