



Cauliflower Tots

Recipe Source: www.skinnytaste.com

Makes 32-34 tots; Serves 4

Ingredients:

2 cups cooked cauliflower florets, finely chopped
1 large egg
1 large egg white
½ cup onion, minced
3 TBSP minced fresh parsley
½ cup reduced fat sharp cheddar cheese, grated
½ cup seasoned breadcrumbs
Pepper to taste
Cooking spray

Steps:

- Preheat oven to 400° F. Spray a nonstick cookie sheet with cooking spray.
- To cook the cauliflower florets, steam a little over 2 cups raw cauliflower florets in a little water- covered for 4-5 minutes or until tender but not mushy. Drain well and dry on paper towel. Then, using a knife finely chop. Set aside.
- In a medium bowl, combine all of the ingredients and season with salt and pepper to taste.
- Spoon 1 TBSP of mixture in your hands and roll into small ovals. Place on the cookie sheet and bake for 16-18 minutes, turning halfway through cooking until golden.

Tips from the Test Kitchen: Parmesan cheese (or another cheese) can be substituted for the cheddar if desired.

Nutritional Facts (Per Serving): Calories: 142, Carbohydrates: 9 grams, Protein: 9 grams, Total Fat: 8 grams, Saturated Fat: 4 grams, Cholesterol: 107 mg, Sodium: 191 mg, Fiber: 2 grams, Total Sugars: 2 grams.