



Baked Cauliflower Tots

4-6 servings

INGREDIENTS

- 2 cups grated cauliflower - about half a medium head
- 1 egg
- 3 TBSP flour
- 1/4 cup low-fat cheddar cheese, grated
- 1/4 tsp salt

DIRECTIONS

1. Preheat oven to 400°F. Spray a baking sheet or line with parchment paper or foil.
2. Grate cauliflower 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 15 small balls; place on the baking sheet with space between each ball.
5. Bake for 20 minutes or until cooked through.
6. Refrigerate leftovers within 2 hours.



Become a Recipe Tester and enter to win a \$100 gift card!

Visit VT Fresh for recipes, videos & more! vtfoodbank.org/vtfresh

This material was funded in part by USDA's Supplemental Nutrition Assistance Program (SNAP). USDA is an equal opportunity provider and employer.



Baked Cauliflower Tots

4-6 servings

INGREDIENTS

- 2 cups grated cauliflower - about half a medium head
- 1 egg
- 3 TBSP flour
- 1/4 cup low-fat cheddar cheese, grated
- 1/4 tsp salt

DIRECTIONS

1. Preheat oven to 400°F. Spray a baking sheet or line with parchment paper or foil.
2. Grate cauliflower 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 15 small balls; place on the baking sheet with space between each ball.
5. Bake for 20 minutes or until cooked through.
6. Refrigerate leftovers within 2 hours.



Become a Recipe Tester and enter to win a \$100 gift card!

Visit VT Fresh for recipes, videos & more! vtfoodbank.org/vtfresh

This material was funded in part by USDA's Supplemental Nutrition Assistance Program (SNAP). USDA is an equal opportunity provider and employer.