

Baked Cauliflower Tots

Prep Time: 15 min

Cook Time: 20 min

Servings: 4



Try these baked cauliflower tots for a fun twist on this nutrient rich veggie. This is a kid approved side dish or snack! Try dipping in ketchup or a savory Greek yogurt dip.

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

Steps

1. Preheat oven to 400°F. Spray a baking sheet or line with parchment paper or foil.
2. Rinse and dry the cauliflower, then grate on large holes of a grater.
3. In a medium bowl, combine grated 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.