

Cauliflower Tots



Ingredients:

- 3 cups finely chopped cooked cauliflower (1 head)
- 1 cup Italian Seasoned Panko bread crumbs
- 1 cup shredded low fat cheddar cheese
- 2 eggs

Directions:



1. Chop cauliflower into florets and boil until soft. Add to food processor and pulse until large coarse crumbs.
2. Add the chopped cauliflower, breadcrumbs, cheese, and eggs to a large mixing bowl. Mix until combined.
3. Preheat oven to 400°F. Shape cauliflower mixture into small rounded rectangles, like a regular potato tot. Mine are not exact but all are similar in size and shape, that's more important for even cooking. Press the mixture firmly together in your hands before shaping to ensure they hold their shape. Place on baking sheet lined with silpat or parchment paper.
4. Bake for 15 minutes, until bottoms are browned. Flip over and bake another 10 minutes. If your tots are larger like mine, you may need to bake a few minutes longer until they are crispy. Serve with your favorite dipping sauce and enjoy!