

Cauliflower Tots

Ingredients

- 1 large egg
- 1 large egg white
- 2 cups cooked cauliflower florets, finely chopped
- ½ cup onion, minced
- 3 tbsp minced fresh parsley
- ½ cup reduced fat sharp cheddar cheese, grated
- ½ cup seasoned breadcrumbs
- salt and pepper to taste
- cooking spray

Prep Time	Cook Time	Serves
40 minutes	18 minutes	32 tots

Procedure

1. Preheat oven to 400°F.
2. Spray a nonstick cookie sheet with cooking spray.
3. In a medium bowl, combine all ingredients and season with salt and pepper to taste.
4. Spoon 1 tablespoon of mixture in your hands and roll into small ovals.
5. Place on the cookie sheet and bake for 16-18 minutes, turning halfway through cooking until golden.

