## **RECIPE**

# **Baked Cauliflower Tots**

Cauliflower contains vitamin C, which helps prevent colds and heal cuts.

**Makes: 3 Servings** 

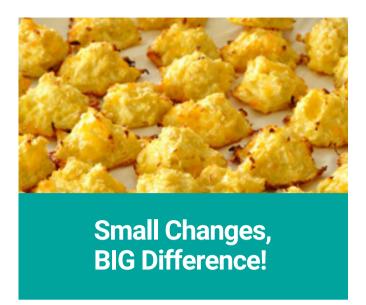
Source: mainesnap-ed.org

### **Ingredients**

- · 2 cups cauliflower
- 1 egg
- · 3 tablespoons flour
- 1/4 cup low-fat cheddar cheese
- 1/4 teaspoon salt

#### **Directions**

- Preheat oven to 400 degrees. Spray a baking sheet or line with parchment paper or foil.
- 2. Grate cauliflower on large holes of a box grater.
- In a medium bowl, combine cauliflower, egg, flour, cheese, and salt; mix well.
- 4. Press mixture together to make about 15 small balls or logs; Place on the baking sheet with space between each ball or log.
- 5. Bake for 20 minutes or until cooked through. For extra crispy tots, broil for an extra 2 minutes. Watch closely to avoid burning.
- 6. Refrigerate leftovers within 2 hours.











### **Nutrition Information**

Serving Size: 5 Tots	
Nutrients	Amount
Calories:	70
Total Fat:	2.5 g
Saturated Fat:	<u>1 g</u>
Sodium:	200 mg
Total Carbohydrates:	<u>8 g</u>
Dietary Fiber:	<u>2 g</u>
Total Sugars:	<u>2 g</u>
Protein	<u>5 g</u>

#### **Utensils Needed**

- · Baking Sheet
- Cheese Grater
- Medium bowl & spoon
- Measuring cups & spoons



# **SHOPPING LIST**

Average total cost without oil and seasonings: \$9.17

Average cost/serving: \$3.05

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Note: The list of ingredients below is a suggestion. Similar ingredients may be purchased

based on preference, diet restrictions, budget, and location.

# **Ingredients**



Add 1 to cart Cauliflower



Add 1 to cart Reduced Fat Cheddar Cheese (8oz)



Add 1 to cart Eggs (6 ct.)

**My Cooking Notes** 

