



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.



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This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). USDA is an equal opportunity provider and employer. In Vermont, SNAP is called 3SquaresVT. It can help low income people buy foods for a better diet. We can help you apply. Contact the Vermont Foodbank at 855-855-6181 or text VFBSNAP to 85511.