



Cauliflower Tots

Ingredients:

- 1 ½ cups chopped cauliflower florets (1/2 head)
- ½ cup seasoned bread crumbs
- ½ cup shredded cheddar cheese
- 1 egg
- cooking spray

Instructions:

1. Preheat oven to 400 degrees.
2. Remove florets from the cauliflower head. Place florets in casserole or microwave safe dish with lid and add ¼ cup water. Microwave on high for 4-5 minutes.
3. Add chopped cauliflower, breadcrumbs, cheddar cheese and egg to a food processor and pulse on medium speed until a uniform mixture forms.
4. Shape cauliflower mixture into small 1-2" logs by pressing the mixture together in your hands. Make sure the mixture is pressed together in order to ensure the tots keep their shape while baking.
5. Place logs on a greased baking sheet and bake for 10 minutes, or until browned. Flip over and bake an additional 10 minutes to brown the other side of the tots.

Variations:

- Try seasoning your tots with cayenne pepper and garlic powder for a spicy kick!
- Don't like cheddar cheese? Try using shredded part skim mozzarella for a lighter version.
- For a crunchier version, use panko bread crumbs instead of the traditional finely ground bread crumbs.

Prep Time: 25 minutes

Cooking Time: 20 minutes

Equipment:

- oven
- cutting board
- knife
- food processor
- baking sheet

Servings: 3

Serving Size: 5 Tots



Nutrition Facts: 190 Calories, 9 g Fat, 5 g Saturated Fat, 17 g Carbohydrates, 11 g Protein, 2 g Fiber, 2 g Sugar, 510 mg Sodium.

Check out our blog at www.cookingoncampus.arizona.edu to find past recipes and a list of upcoming classes!
For more info about nutrition and what to eat on campus, go to www.health.arizona.edu, click Health Promotion, then Nutrition.

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