



Cheddar Yay! Cauliflower Biscuits



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1/6th of recipe (1 biscuit): 133 calories, 3.5g total fat (2g sat. fat), 353mg sodium, 18g carbs, 3g fiber, 1.5g sugars, 8.5g protein

Prep: 10 minutes **Cook:** 15 minutes

Cool: 10 minutes



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Ingredients

1 cup roughly chopped cauliflower (or 3/4 cup [cauliflower rice](#))
1 cup whole-wheat flour
3/4 cup fat-free plain Greek yogurt
1/2 cup shredded reduced-fat cheddar cheese
1 tbsp. whipped butter, room temperature
2 tsp. baking powder
1 tsp. dried parsley
1/2 tsp. garlic powder
1/4 tsp. salt
Dash cayenne pepper
Dash paprika

Directions

Preheat oven to 450 degrees. Spray a baking sheet with nonstick spray.

Pulse cauliflower in a food processor until reduced to the consistency of coarse breadcrumbs. (Even if you begin with cauliflower rice, don't skip this step!)

Place cauliflower crumbs in a large microwave-safe bowl; cover and microwave for 2 minutes. Uncover and stir. Re-cover and microwave for another 2 minutes, or until hot and soft.

Transfer to a fine-mesh strainer to drain. Let cool for about 10 minutes.

Using a clean dish towel (or paper towels), firmly press out as much liquid as possible.

Return cauliflower crumbs to the large bowl. Add remaining ingredients, and thoroughly mix.

Evenly form into 6 mounds (about 1/3 cup each), and place on the baking sheet, evenly spaced.

Bake until tops are golden brown and insides are cooked through, about 10 minutes.

MAKES 6 SERVINGS

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