



Pizza-fied Cauliflower Tots



1/2 of recipe: 168 calories, 5.5g total fat (3g sat. fat), 766mg sodium, 16g carbs, 4g fiber, 4g sugars, 14.5g protein

Prep: 20 minutes **Cook:** 30 minutes

Cool: 10 minutes



Ingredients

2 cups roughly chopped cauliflower (or 1 1/2 cups cauliflower rice)
1/4 cup (about 2 large) egg whites or fat-free liquid egg substitute
1/4 cup whole-wheat panko breadcrumbs
1 tbsp. grated Parmesan cheese
1/2 tsp. garlic powder
1/2 tsp. onion powder
1/4 tsp. salt
1/8 tsp. black pepper
1/4 cup shredded part-skim mozzarella cheese
1/2 oz. (about 8 pieces) turkey pepperoni, finely chopped
1/4 cup canned crushed tomatoes
1/4 tsp. Italian seasoning

Directions

Preheat oven to 400 degrees. Line a baking sheet with parchment paper.

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 10 minutes, or until cool enough to handle.

Using a clean dish towel (or paper towels), firmly press out as much liquid as possible -- there will be a lot.

Return cauliflower crumbs to the large bowl. Add egg whites/substitute, breadcrumbs, Parm, 1/4 tsp. garlic powder, 1/4 tsp. onion powder, salt, and pepper. Add mozzarella cheese and chopped pepperoni, and mix thoroughly.

Firmly and evenly form mixture into 28 tots, each about 1 inch long, 1/2 inch wide, and 1/2 inch thick.

Place tots on the baking sheet, evenly spaced. Bake for 10 minutes.

Carefully flip tots. Bake until golden brown and crispy, 10 - 12 minutes.

To make the sauce, in a small microwave-safe bowl, combine crushed tomatoes, Italian seasoning, and remaining 1/4 tsp. each garlic powder and onion powder. Mix well.

Microwave for 30 seconds, or until hot.

Serve tots with sauce for dipping.

MAKES 2 SERVINGS

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