



## Cauliflower Stackers



1/6 of recipe (1 stacker): 56 calories, 2g total fat (1g sat. fat), 203mg sodium, 4.5g carbs, 2g fiber, 2g sugars, 6g protein

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**Prep:** 10 minutes    **Cook:** 35 minutes



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### Ingredients

3 cups frozen riced cauliflower  
1/2 cup (about 4 large) egg whites or liquid egg substitute  
1/4 cup grated Parmesan cheese  
1/2 tsp. garlic powder  
1/2 tsp. onion powder  
1/8 tsp. salt  
1/8 tsp. black pepper

### Directions

Preheat oven to 375°F. Line a baking sheet with parchment paper.

Place cauliflower in a large microwave-safe bowl. Cover and microwave for 3 minutes, or until cauliflower has thawed. Drain excess liquid and pat dry, removing as much as liquid as possible.

Add all remaining ingredients, and mix thoroughly.

Evenly distribute mixture into 6 mounds on the baking sheet, about 1/4 cup each. Flatten into 6 patties, each about 1/2 inch thick.

Bake for 15 minutes.

Carefully flip. Bake until golden brown, 13-15 minutes.

**MAKES 6 SERVINGS**

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