



Cauliflower Tater Tots 2.0



1/2 of recipe (about 8 tater tots): 144 calories, 5g total fat (3g sat. fat), 612mg sodium, 6.5g carbs, 2.5g fiber, 3g sugars, 12.5g protein

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Prep: 10 minutes **Cook:** 25 minutes



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Ingredients

1 1/2 cups frozen riced cauliflower, thawed, drained, patted dry
1/4 cup panko bread crumbs
1/4 cup (about 2 large) egg whites or fat-free liquid egg substitute
3 tbsp. shredded part-skim mozzarella cheese
2 tbsp. grated Parmesan cheese
1/2 tsp. garlic powder
1/2 tsp. onion powder
1/4 tsp. salt
1/8 tsp. black pepper
Optional dip: ketchup

Directions

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

Place all ingredients in a medium bowl. Mix thoroughly.

Firmly and evenly form into 16 tots (about 2 tsp. each). Place them on the baking sheet, evenly spaced.

Bake until golden brown and crispy, about 22 minutes, flipping halfway through.

MAKES 2 SERVINGS

HG Tip: If needed, use a clean dish towel (or paper towels) to firmly press out excess liquid from the cauliflower before mixing up your ingredients.

Air-Fryer Alternative: Set air fryer to 380°F (or the nearest degree). Working in batches so you don't overcrowd your air fryer, cook tots until golden brown and crispy, 8-10 minutes.

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