



## Cheesy Cauliflower Tater Tots



1/4th of recipe (7 tater tots): 68 calories, 2g total fat (1g sat fat), 291mg sodium, 6.5g carbs, 2g fiber, 2g sugars, 6g protein

**Green Plan [SmartPoints](#)® value 2\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 2\***

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

**Cool:** 10 minutes



More: [Recipes for Sides, Starters & Snacks, Four or More Servings](#)

### Ingredients

2 cups roughly chopped cauliflower  
1/4 cup (about 2 large) egg whites  
1/4 cup whole-wheat panko breadcrumbs  
2 tbsp. grated Parmesan cheese  
2 tbsp. shredded part-skim mozzarella cheese  
1/4 tsp. garlic powder  
1/4 tsp. onion powder  
1/4 tsp. salt  
1/8 tsp. black pepper

### 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.

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 cauliflower crumbs 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 from the cauliflower crumbs in the strainer -- there will be a lot of liquid.

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

Firmly and evenly form into 28 nuggets, each about 1 inch long, 1/2 inch wide, and 1/2 inch thick. Place them on the baking sheet, evenly spaced.

Bake for 10 minutes.

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

**MAKES 4 SERVINGS**

[SmartPoints](#)® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.