



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

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

Cool: 10 minutes

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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

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