Easy Cauliflower Potato Pancakes

1/2 of recipe (3 latkes): 183 calories, 7g total fat (1g sat. fat), 463mg sodium, 20.5g carbs, 6g fiber, 6.5g sugars, 11.5g protein

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Prep: 15 minutes **Cook:** 25 minutes

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Ingredients

3 cups frozen riced cauliflower (about one 12-oz. bag)
1/2 cup (about 4 large) egg whites or fat-free liquid egg substitute
1/4 cup shredded onion, thoroughly patted dry
1/4 cup instant mashed potato flakes
1/4 tsp. each salt and black pepper
1 tbsp. olive oil
Optional toppings: light sour cream and chopped scallions, unsweetened applesauce and cinnamon

Directions

In a large microwave-safe bowl, microwave cauliflower for 3 1/2 minutes, or until hot.

Add remaining ingredients *except* olive oil. Mix until uniform.

Spray a large skillet with nonstick spray, and drizzle with 1 tsp. olive oil. Bring to medium heat. Take 1/3rd of the mixture, and divide it into 2 mounds in the skillet. Flatten each mound into a patty about 1/4 inch thick. Cook until slightly crispy, lightly browned, and cooked through, about 3 minutes per side, flipping carefully. Transfer to paper towels to soak up excess oil.

Repeat twice with remaining oil and cauliflower mixture, adding the oil carefully to avoid splattering, for a total of 6 pancakes.

MAKES 2 SERVINGS

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