



## Pizza-fied Cauliflower Tots



1/2 of recipe: 168 calories, 5.5g total fat (3g sat fat), 766mg sodium, 16g carbs, 4g fiber, 4g sugars, 14.5g protein

**Green Plan [SmartPoints](#)® value 4\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 4\***

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

**Cool:** 10 minutes



### Ingredients

2 cups roughly chopped cauliflower (or 1 1/2 cups cauliflower rice)  
1/4 cup (about 2 large) egg whites or fat-free liquid egg substitute  
1/4 cup whole-wheat panko breadcrumbs  
1 tbsp. grated Parmesan cheese  
1/2 tsp. garlic powder  
1/2 tsp. onion powder  
1/4 tsp. salt  
1/8 tsp. black pepper  
1/4 cup shredded part-skim mozzarella cheese  
1/2 oz. (about 8 pieces) turkey pepperoni, finely chopped  
1/4 cup canned crushed tomatoes  
1/4 tsp. Italian seasoning

### 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. (Even if you begin with cauliflower rice, don't skip this step!)

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 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 -- there will be a lot.

Return cauliflower crumbs to the large bowl. Add egg whites/substitute, breadcrumbs, Parm, 1/4 tsp. garlic powder, 1/4 tsp. onion powder, salt, and pepper. Add mozzarella cheese and chopped pepperoni, and mix thoroughly.

Firmly and evenly form mixture into 28 tots, each about 1 inch long, 1/2 inch wide, and 1/2 inch thick.

Place tots on the baking sheet, evenly spaced. Bake for 10 minutes.

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

To make the sauce, in a small microwave-safe bowl, combine crushed tomatoes, Italian seasoning, and remaining 1/4 tsp. each garlic powder and onion powder. Mix well.

Microwave for 30 seconds, or until hot.

Serve tots with sauce for dipping.

**MAKES 2 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.

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Publish Date: January 23, 2017

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