

Baked Cauliflower Tots

Makes: 3 servings



Ingredients

- 2 cups grated or finely chopped cauliflower rice
- 1 egg
- 3 Tbsp. flour
- $\frac{1}{4}$ cup grated cheddar cheese
- $\frac{1}{4}$ tsp. salt

Nutritional information for 1 serving

Calories	169
Total fat	6 g
Saturated fat	1 g
Cholesterol	1 mg
Sodium	415 mg
Carbohydrate	22 g
Dietary fiber	8 g
Total sugars	4 g
Added sugars included	3 g
Protein	9 g

Directions

1. Preheat oven to 400 F.
2. Lightly grease a baking sheet.
3. In a medium bowl, combine all ingredients and mix well.
4. Press the mixture together to make about 15 small balls or logs and put them on the baking sheet with space between each one.
5. Bake for 20 minutes or until cooked through. For extra crispy tots, broil for an extra 2 minutes. Watch closely to avoid burning.