



## May 4- Cauliflower Tots

Smart Snack

Link: <http://www.diabetes.org/mfa-recipes/recipes/2014-02-cheesy-cauliflower-tots.html>

### Recipe

#### Ingredients:

Cooking Spray

1 head cauliflower, trimmed (about 1 ½ pounds)

1 large egg

1 large egg white

½ cup reduced-fat, shredded cheddar cheese

1/3 cup bread crumbs

2 green onions, chopped

¼ teaspoon black pepper

#### Directions:

1. Preheat the oven to 400°F. Coat one large or two small baking sheets with cooking spray. Set aside.
2. Steam the cauliflower for 10-12 minutes or until soft. Set aside to cool. Once cool, mince the cauliflower.
3. Stir the remaining ingredients into the minced cauliflower, and let the mixture rest for 10 minutes.
4. After resting, stir the mixture again. Scoop cauliflower with a tablespoon measure onto the sprayed baking sheet. Form the ball into the shape of a tater tot. Repeat to make 35 tots.
5. Spray the top of each tot with cooking spray. Bake for 15 minutes. Turn the tots and bake an additional 10 minutes or until golden brown.

Yield 7 servings

Nutrition Facts	
Serving Size 5 items (111.74g)	
Servings Per Container 7	
<b>Amount Per Serving</b>	
<b>Calories</b> 80	Calories from Fat 25
<b>% Daily Value*</b>	
<b>Total Fat</b> 3g	<b>4%</b>
Saturated Fat 1.5g	<b>7%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>11%</b>
<b>Sodium</b> 130mg	<b>5%</b>
<b>Total Carbohydrate</b> 9g	<b>3%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 2g	
<b>Protein</b> 6g	<b>12%</b>
Vitamin A 2%	Vitamin C 70%
Calcium 10%	Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet.	