

Market District Demo Recipes

Side Dish



THE OHIO STATE
UNIVERSITY

WEXNER MEDICAL CENTER

Cheesy Cauliflower Tots

Serves: 6

Modified from: www.cookinglight.com

Items Needed: cutting board, knife, skillet, measuring cups, food processor, baking sheet, mixing bowl, mixing spoon

Ingredients:

- Cooking spray
- 2 c. cauliflower florets
- 1 large egg
- ¼ c. red bell pepper, chopped
- ½ c. shredded part-skim mozzarella or shredded cheddar cheese
- 1/3 c. Parmesan cheese, grated
- ¼ c. Panko breadcrumbs (or ¼ c. gluten-free crumbs)
- Kosher salt and black pepper to taste (about 1/8 tsp each)
- ¼ c. fresh cilantro, chopped

Directions:

1. Preheat oven to 375 degrees F and spray a baking sheet with cooking spray. While the oven is heating, steam cauliflower until fork-tender. Once the cauliflower is steamed, pulse in a food processor until coarsely grated, about 5 pulses.
2. Combine all of the ingredients, and stir together in a large mixing bowl. Because the mixture doesn't expand in the oven, you can form the tots into any shape you like. I chose oval, for a more traditional look, but you could also form into balls, squares, or even hearts for a fun twist. Form the mixture into desire shape, and place tots on the baking sheet one at a time.
3. Bake for 10 minutes, then flip the tots over. Bake for an additional 10 minutes, or until golden brown.

Nutrition Information (per 7 tots):

Calories: 86 Fat: 4 g Carbs: 6 g Protein: 6 g Fiber: 1 g Sodium: 175 mg