

# Baked Cauliflower Tots



Prep time:  
**10 min**



Cook time:  
**20 min**



Yield:  
**3 Serving**



Serving  
Size:  
**15 Tots**

## Ingredients

2 cups cauliflower  
1 egg  
3 tablespoons flour  
¼ cup low-fat cheddar cheese  
¼ teaspoon salt

## Directions

1. Preheat oven to 400 degrees. Spray a baking sheet or line with parchment paper or foil.
2. Grate cauliflower on large holes of a box grater.
3. In a medium bowl, combine cauliflower, egg, flour, cheese, and salt; mix well.
4. Press mixture together to make about 15 small balls or logs; Place on the baking sheet with space between each ball or log.
5. Bake for 20 minutes or until cooked through. For extra crispy tots, broil for an extra 2 minutes. Watch closely to avoid burning.
6. Refrigerate leftovers within 2 hours.