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**Community Health & Wellness Center**

**Newark Beth Israel | RWJBarnabas**  
**Medical Center HEALTH**

# Baked Cauliflower Tots

## Ingredients:

2 c cauliflower florets  
1 egg  
½ c onion, diced fine  
¼ c red pepper, diced fine  
½ c grated Swiss cheese  
1/4c Panko  
2-3 T chopped cilantro  
Pepper to taste  
Cooking spray

## Directions:

Preheat oven to 375 degrees. Spray a non stick cookie sheet with cooking spray or line with parchment paper.

Steam cauliflower in hot water for 3-5 minutes or until nice and soft, drain and chop with a knife.

In mixing bowl combine all ingredients and season with pepper.

By table spoons full, roll mixture in had into small tater tot shapes.

Place spacing on cookie sheet and bake 10 minutes. Rotate tots for even browning and bake 10 more minutes.

**Yield: 4 Servings - 6 to 8 tots.**

**Nutrition Facts: Calories 119, Protein 8g, Carbohydrates 10g, Fat 5g, Fiber 2g, Sodium 86mg, Added Sugar 0g.**

