

# Baked Cauliflower Tots

Prep Time: 30 Minutes | Makes: 2 cups

## Ingredients

- 2 cups grated or finely chopped cauliflower rice (about half a medium head)
- 1 egg
- 3 Tablespoons flour
- ¼ cup grated cheddar cheese
- ¼ teaspoon salt

## Directions

1. Preheat oven to 400 degrees F.
2. Lightly grease a baking sheet.
3. In a medium bowl, combine all ingredients and mix well.
4. Press 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.
6. Refrigerate leftovers within 2 hours.



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