



Cauliflower Tots

Ingredients:

- 1 package Nature's Earthly Choice™ Riced Cauliflower
- 2 tablespoons yellow onion, finely diced
- 1 teaspoon minced garlic
- 2/3 cups breadcrumbs
- 1/2 cup Parmesan or shredded cheddar cheese (optional)
- 1 large egg, lightly beaten
- Salt and pepper, to taste
- Cooking spray

Directions:

1. Transfer the riced cauliflower to a strainer. Place the strainer in a large bowl. With a paper towel, squeeze the cauliflower to remove the excess water.
2. Preheat the oven to 375 degrees Fahrenheit. In a separate large bowl, combine all the ingredients until the mixture clumps when squeezed together. Form the mixture into tot-shaped pieces, about 1 tablespoon each.
3. Place on a greased baking sheet. Spray liberally with cooking spray. Bake for 15 to 20 minutes, flipping once halfway.
4. Optional: For a crispier version, fry the tater tots. Warm avocado oil in a skillet over medium-high heat. Fry the tots 3 minutes on each side or until golden brown.