

Cauliflower “Tots”

By Kathy Everett & Donna Owen



Prep time:	10 min
Cook time:	30 - 40 min
Serves:	2

Dietary Requirements:

Vegan	X	Low Carb	X	Gluten-Free	X	Nut-Free	X
Vegetarian	X	Sugar-Free	X	Grain-Free	X	Soy-Free	X

Ingredients:

- 1 head of cauliflower, cut into small, bite sized florets
- Coconut or grapeseed oil cooking spray

Seasonings of choice such as:

- Salt & pepper
- Cayenne pepper (if you like spicy food)
- Italian spice blend
- Asian spice blend
- Mexican spice blend

Directions:

1. Rinse cauliflower, pat dry and cut into bite-sized florets
2. Mist lightly with cooking spray or toss with a small amount of oil (this is just enough to keep the seasonings on the cauliflower, so go lightly)
3. Sprinkle with your seasoning of choice
4. Bake in a single layer on a baking sheet at 400 for about 30 min - or until “tots” are browned
5. We serve these alongside veggie burgers