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Cauliflower Tots

Description

Ingredients

- Finely Chopped [Cauliflower](#) Florets 2cups
- Large egg 1
- Chopped Onion 1/2cup
- Minced Fresh Parsley 3tbsp
- Low-fat grated Cheddar Cheese 1/2cup
- Panko Bread Crumbs 1/2cupSalt 1/4tsp
- Black Pepper 1/4tsp
- Garlic Powder 1/2tsp
- Cooking Spray 5

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Ingredient Notes

Cauliflower: I recommend using fresh cauliflower to give a refreshing aroma. It provides many health benefits and also retains your dish's flavor.

Egg: It is used to bind the mixture. Otherwise, the cauliflower batter will not maintain its texture.

Cheese: Use only reduced-fat cheese to maintain the Weight Watchers points.

Bread Crumbs: I used panko breadcrumbs to make this dish. You can use different breadcrumbs depending on your taste and diet meal restrictions.

Cooking Spray: We used cooking spray to grease the tray. Instead, you can use olive oil to mist the cooking tray.

Category

1. Air Fryer Recipes

Date Created

24/10/2024

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