



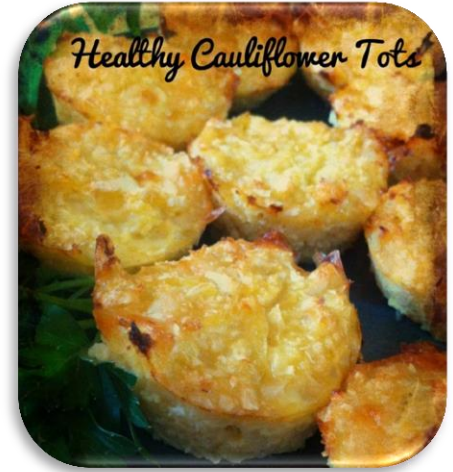
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## Baked Cauli-Tots

Adapted from Brianne @ Cupcakes & Kale Chips

These Tots will wow your children or guests; serve as low carbohydrate side dish or on their own with your favorite dipping sauces!

Recipe type: **Side Dish, Veggie**      Serves: **Makes 24 tots**



### Ingredients:

- 3 c (about half of a head) shredded cauliflower  
(use the shredding blade on food processor to shred the cauliflower)
- 4 oz. (about 1 c) shredded sharp cheddar cheese, (other options: fontina, gouda, Monterey Jack)
- 1 egg
- 1/4 c cornmeal
- 1 tsp kosher salt
- a few grinds black pepper
- 1/2 tsp ground mustard

### Instructions:

1. Preheat your oven to 400°F. Spray a mini muffin tin with oil or cooking spray.
2. Place the shredded cauliflower in a kitchen towel and squeeze out the excess moisture.
3. Combine all of the ingredients in a large bowl, and mix together thoroughly with a fork.
4. Using a spoon or scoop, divide the mixture between the muffin cups and press down firmly into the cups.
5. Bake at 400°F for 15-20 minutes, or until golden brown.



### Cauliflower has many health benefits:

- The antioxidants avert oxidation and damage to our cells, helping to prevent cancer and other diseases.
- The anti-inflammatory properties of the vegetable help to prevent arthritis, diabetes, heart disease, IBS and other inflammatory diseases.
- The fiber helps to support digestion and detoxification.
- Cauliflower is full of B vitamins, potassium and phosphorous, which support the nervous system, muscles and bones, respectively.

### Here are some fun facts about the vegetable:

- The head, which is called a curd, is a bunch of undeveloped flower buds.
- The trunks are edible, too.
- The coarse outer leaves protect cauliflower from sunlight, preventing the chlorophyll from turning it green.
- It is in the same family as broccoli, kale, cabbage, Brussels sprouts, and collards; these are called the cruciferous vegetables.
- It is easy to overcook and turn into mush, so be careful!
- When cooking, avoid aluminum and iron pots: Cauliflower incites a chemical reaction with these surfaces, turning the vegetable yellow. Science experiment, anyone?



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