

# Baked Cauliflower Tots



1 Serving Provides:

CACFP: 0.25 ounces Meat/Meat Alternate, ¼ cup Vegetables

NSLP: 0.25 ounces Meat/Meat Alternate, ¼ cup Other Vegetables

SFSP: 0.25 ounces Meat/Meat Alternate, ¼ cup Vegetables

Cooking time: 30 minutes

HACCP Process #2 Same Day Service

Ingredients	8 Servings		16 Servings	
	Weight	Measure	Weight	Measure
Cauliflower, grated	1 pound	1 quart	2 pounds	2 quarts
Eggs		2		4
Flour		¼ cup + 2 Tablespoons		¾ cup
Cheddar cheese, reduced fat, shredded	2 ounces	½ cup	4 ounces	1 cup
Salt		½ teaspoon		1 teaspoon



## Directions

1. Preheat the oven to 400°F. Spray a sheet pan with pan-release spray, or line with parchment paper.
2. In a medium bowl, combine cauliflower, eggs, flour, cheese, and salt. Mix well.
3. Form small balls of the mixture using a #30 scoop, or 2 Tablespoons. Place on the prepared sheet pans leaving space between each piece.
4. Bake in the preheated 400°F for about 20 minutes, or until browned and crisp on the outside.

CCP: Heat to 165°F or higher for at least 15 seconds.

CCP: Hold for hot service at 135°F or higher.

Serve 4 pieces per person.

Serving	Yield	Volume
4 tots	8 servings, about 1 pound 8 ounces	8 servings, about 5 cups
	16 servings, about 3 pounds	16 servings, about 2 quarts + 2 cups

Nutrients Per Serving					
Calories	76	Sodium	224 mg	Vitamin A	104 IU
Total Fat	2.9 g	Carbohydrate	8 g	Vitamin C	27 mg
Saturated Fat	1.3 g	Dietary Fiber	1 g	Iron	1 mg
Cholesterol	52 mg	Protein	5 g	Calcium	74 mg