



Baked Cauliflower Tots



Look up what "Alkali" means in the dictionary. What is the definition? What part of language is it?

Alkali Bee



People throughout Oregon and beyond keep chickens for the eggs they lay. If the chickens are fed alfalfa there is a good chance they have alkali bees to thank! Alfalfa is the only crop alkali bees pollinate. Can you believe female alkali bees can pollinate up to 4 alfalfa flowers per minute (that's 2,000 flowers per 8-hour day of flying)!

Ingredients

- 2 cups grated or finely chopped cauliflower rice (about half a medium head)
- 1 egg
- 3 Tablespoons flour
- 1/4 cup grated cheddar cheese
- 1/4 teaspoon salt



Directions

1. Wash hands with soap and water.
2. Preheat oven to 400 degrees F.
3. Lightly grease a baking sheet.
4. In a medium bowl, combine all ingredients and mix well.
5. Press mixture together to make about 15 tots. Place tots on the baking sheet with space between each one.
6. Bake for 20 minutes or until cooked through. For extra crispy tots, broil for an extra 2 minutes. Watch closely to avoid burning.
7. Refrigerate leftovers within 2 hours.

Makes 15 tots
Prep time: 10 minutes
Cook time: 20 minutes

Watch Oregon families harvest eggs and cauliflower



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Nutrition Facts

3 servings per container		
Serving size		5 tots (110g)
Amount per Serving		
Calories		70
% Daily Value*		
Total Fat	2.5g	3%
Saturated Fat	1g	5%
Trans Fat	0g	
Cholesterol	40mg	13%
Sodium	200mg	9%
Total Carbohydrate	9g	3%
Dietary Fiber	2g	7%
Total Sugars	2g	
Includes	0g Added Sugars	0%
Protein		5g
Vitamin D	0mcg	0%
Calcium	67mg	6%
Iron	1mg	6%
Potassium	296mg	6%
Vitamin A	30mcg	3%
Vitamin C	43mg	48%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe Math Challenge

How many total cups of cauliflower, cheese, and flour would be used if the recipe was quadrupled? **Hint:** 4 Tablespoons equals 1/4 cup.

Bonus: How many tots would the quadrupled recipe make?