

Parmesan Cauliflower "Tater" Tots

1 medium head cauliflower (about 2 pounds), trimmed and broken into small florets

5 tablespoons all-purpose flour

1/4 cup grated Parmesan cheese

3/4 teaspoon freshly ground pepper

1/2 teaspoon salt

2 large egg whites, whisked until frothy

3/4 cup coarse dry whole-wheat breadcrumbs (panko)

Canola or olive oil cooking spray

Bring a large pot of water to a boil. Add cauliflower and boil until tender, 10 to 12 minutes. Drain in a colander, shaking to remove excess water. Return the cauliflower to the pot and dry over medium-low heat, stirring with a wooden spoon, about 3 minutes. Remove from heat. Using a potato masher, mash the cauliflower until it resembles clumpy rice. Transfer to a large bowl to cool, stirring occasionally.

Stir flour and cheese into the cooled cauliflower. Season with pepper and salt. Stir in egg whites. Line an 8-inch-square baking dish with plastic wrap, allowing the wrap to hang over the edges. Spread the cauliflower mixture into the pan, compacting it into an even layer. Cover with plastic wrap and chill in the freezer until very cold, 1 to 2 hours.

Preheat oven to 400°F. Coat a large baking sheet with cooking spray.

Spread breadcrumbs on a plate. Gently turn the cauliflower mixture out onto a cutting board, removing the plastic wrap. Cut it into 36 evenly sized pieces. Roll the pieces in the breadcrumbs, turning to coat all sides. Place on the baking sheet, about 1 inch apart.

Coat the tots with cooking spray. Bake, turning once halfway through, until browned, 35 to 45 minutes.

Adapted from eatingwell.com