



*Simple,
Seasonal,
Sustainable*

Recipe of the Week

Savory Cauliflower and Cheese Cakes

Ingredients:

- 1 cauliflower head (about 2 pounds), cut into florets
- 1 egg
- 1/2 cup extra light sharp cheddar, shredded
- 2 tablespoons freshly grated Parmesan cheese
- 1/2 teaspoon salt (optional)
- 1/8 teaspoon ground black pepper

Directions:

1. Preheat the oven to 375 degrees F. Line a muffin tin with paper liners.
2. Place the cauliflower florets in a food processor and pulse until you get a fine texture similar to rice.
3. In a medium bowl, mix together the cauliflower and remaining ingredients.
4. Scoop about 1/4 cup cauliflower mixture into each muffin cup. Bake for 30-35 minutes until the cakes are lightly golden on top.

Serves 6

*50 calories, 2 g fat, 1 g saturated fat,
3 g carbohydrate, 1 g fiber, 6 g protein,
120 mg sodium*

Source: American Diabetes Association

