

Cheesy Cauliflower Cakes



Up your appetizer game with these veggie-centered snacks.

INGREDIENTS

- 3 cups cauliflower florets
- 2 large eggs, beaten
- 1/4 cup Italian seasoned panko bread crumbs
- 1/2 cup shredded mozzarella cheese
- 1/2 cup finely shredded Parmesan cheese
- lemon wedges, for serving

DIRECTIONS

STEP 1

Gather all ingredients. Preheat the oven to 375 degrees F. Line 2 baking sheets with parchment paper.

STEP 2

Cook cauliflower in a large pot of lightly salted boiling water, until fork tender, 8 to 10 minutes. Drain and let stand until cool enough to handle.

STEP 3

Lightly mash cooked cauliflower with a potato masher or fork into small pieces in a large bowl.

STEP 4

Add eggs, breadcrumbs, mozzarella cheese, and Parmesan cheese. Stir just until combined.

STEP 5

Form mixture, using your hands, into 1 1/2- to 2-inch balls. Lightly flatten between palms and place onto the prepared baking sheets.

STEP 6

Bake until golden brown and cooked through, 25 to 30 minutes (shorter or longer depending on your oven, so just keep watch!) Flipping halfway through is optional if you want both sides to get a nice color. Serve with lemon wedges.

NUTRITION FACTS

Serving Size: 2-3 pieces depending on size | Total servings: 5 |
Per Serving: 152 calories,
total carbohydrate 10g, dietary fiber 2g, total sugars 2g, protein 10g,
total fat 8g, saturated fat 4g, cholesterol 93mg, sodium 355mg



Wisconsin Athletic Club

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