

USASA

**BUDGET
BITES**



Cauliflower Fritters

**Approx. Per Serving
(Assuming 4 Servings):**

Calories: 250-300 calories

Protein: 8-12g

Carbohydrates: 15-20g

Fat: 18-22g

Follow along with the video!



Ingredients

- 1 cauliflower, cut into tiny florets
- 2 eggs, lightly beaten
- 2 tbsp dried herbs
- ¼ cup plain flour
- ½ teaspoon baking soda
- ¼ cup olive oil
- 2 tbsp Finely grated parmesan
- Salt and pepper to taste

Optional

- Fried egg for extra protein

Tips!

You can use broccoli, zucchini, finely shredded cabbage, or any leftover cooked vegetables to create a notorious and yummy fritter.

Method

1. Cook cauliflower florets in a pan of boiling salted water for 8 minutes or until tender.
2. Drain, cool under running water, then drain again. Pat dry on a paper towel.
3. Place half the florets in a bowl and mash with a fork.
4. Whisk in the eggs, herbs, flour and baking soda.
5. Stir in the remaining florets, grated parmesan, and season with salt and pepper.
6. Heat 1 tablespoon of the oil in a large frypan over medium-high heat.
7. In batches, cook rounded tablespoons of the cauliflower mixture for 1-2 minutes on each side until crisp and golden, adding the remaining oil as necessary.
8. Drain on a paper towel.