



Recipe developed by Chef Paige Vondran

CHEESE BITES

	Ingredients	Exchanges
Protein	7.6 gm cheddar cheese, shredded	1 (-1.5 gm fat)
	----- 5.9 gm raw egg	----- 0.39 (-0.39 gm fat)
Fat	15.4 gm mayonnaise	3.45 gm (-1.89 gm)
Carbohydrate	8.4 gm mashed cauliflower, from frozen	0.5
Other	Salt, pepper, onion powder, garlic powder	

DIRECTIONS

- Grind the cheddar cheese using a small food processor.
- Cook the frozen cauliflower until tender and hot; puree in a blender or food processor until mashed and smooth.
- In a small bowl, combine ingredients and season to taste.
- Grease a shaped silicone mold with nonstick cooking spray.
- Scoop the mixture dividing evenly.
- Bake for 25-30 minutes until golden brown and firm.
- Allow to fully cool before removing from the mold.

VARIATIONS

- This recipe can be stored in the freezer for up to two months.
- Cooked frozen cauliflower should be used as opposed to raw or fresh cooked because of the greater exchange volume. All of the carbohydrate exchanges can be used as cauliflower for your child's personal meal plan.
- Cheddar cheese needs to be ground in a food processor because it is acting as a binder in this recipe; grinding the cheese allows it to be evenly mixed.
- Vegenaïse® can be used in place of mayonnaise.