

CAULIFLOWER PARMESAN STICKS



Recipe developed by Chef Paige Vondran

	Ingredients	Exchanges
Protein	8.5 gm parmesan cheese	1.8
	8.5 gm NOW Real Foods® almond flour	1.6 (-2.4 gm fat)
	4.5 gm raw egg	0.3 (-0.3 gm fat)
Fat	17.3 gm mayonnaise	4 (-2.7 gm fat)
Carbohydrate	24.4 gm mashed cauliflower, from frozen	1.3
Other	salt, pepper, onion powder, garlic powder	

DIRECTIONS

- Preheat the oven to 350° F.
- Boil the frozen cauliflower until hot and tender; drain; mash using food processor.
- Weigh ingredients using a gram scale.
- Grease a square, stick, or rectangular shaped mold with nonstick cooking spray.
- Scoop mixture into the mold dividing evenly.
- Bake for 25-30 minutes until golden brown.
- Allow to fully cool before removing from the mold.
- Slice into sticks once cooled.

VARIATIONS

- Other mashed vegetables can be used such as turnips, carrot, or broccoli.
- Romano or Gouda cheese can be used in place of parmesan.
- Egg Beaters® can be used in place of fresh whole eggs.
- Vegenaïse® can be used in place of mayonnaise by adjusting to the correct gram amount.