

RECIPE OF THE WEEK

Cauliflower Bread Sticks

Ingredients

- 1 head of cauliflower
- 1 tablespoon of oregano
- ½ tablespoon of basil
- 1 tablespoon onion powder
- ½ tsp red pepper flakes
- 2 eggs
- Salt and pepper to taste



Preparation

1. You can put the whole head of cauliflower in a microwave-safe dish and put it in the microwave for 10 min and then remove and put in a food processor until smooth.
2. Alternatively, you can put the cauliflower in the food processor first until you get a rice consistency and then put it in a microwave-safe dish and put it in the microwave for 10 min.
3. Let the cauliflower cool slightly and then place in the refrigerator until cooled completely.
4. Once cooled, mix the rest of the ingredients in the cauliflower.
5. Grease a cookie sheet and place cauliflower on it.
6. Use your hands and pat down cauliflower until it is about ½ in thick.
7. Place in an oven set for 425°F for about 25 min or until slightly brown.
8. Remove from the oven and turn to broil at 500°F.
9. Cut your cauliflower in the desired sticks you want and flip over.
10. Place back in the oven until both sides are brown and desired crispness
11. Enjoy!

