

HEALTHY CAULIFLOWER FRITTERS

INGREDIENTS

- 1 large head cauliflower, cut into florets
- 1/2 cup Ideal Protein mashed potato
- 2 large eggs, lightly beaten
- 3 cloves garlic, minced
- 3 tbsp. minced scallions, plus more for garnishing
- Olive oil
- Yogurt or sour cream, for serving (*For Maintenance only*)

PREPARATION

1. Take a large pot of salted water and bring it to a boil. Add the cauliflower and cook it just until fork tender - for about 3 to 5 minutes.
2. Transfer the cauliflowers to a cutting board and cut it into very small pieces to the size of peas or smaller.
3. Take 4 cups of the chopped cauliflower. Combine the cauliflower, IP mashed potatoes, eggs, garlic, scallions, ½ tsp. salt and ¼ tsp. pepper in a bowl and stir until well combined.
4. Heat up a nonstick skillet over medium-low heat and lightly coat it with olive oil. Scoop out 2- to 3-tablespoon mounds of the cauliflower mixture into the pan and flatten the mounds slightly using a spatula. Keep 1 inch space between them.
5. Cook fritters for 2 to 3 minutes and flip them once and cook for additional 1 to 2 minutes until they're golden brown and cooked through.
6. Line a plate with paper towels and transfer the fritters to the plate.
7. Top with yogurt or sour cream and serve warm. Enjoy!

