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Baked Cauli-Tots

Serves: Makes 24 tots

ADJUST SERVINGS

Cheesy, crispy, so amazingly good that they'll easily replace those other tots as your family's favorite side dish.

Ingredients

3 cups (about half of a head) shredded cauliflower (see Note)
4 oz. (about 1 cup) shredded sharp cheddar cheese
1 egg
1/4 cup cornmeal (bread crumbs or ground oats also work)
1 teaspoon kosher salt
a few grinds black pepper
1/2 teaspoon ground mustard

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Instructions

1. Preheat your oven to 400°F. Spray a mini muffin tin with oil or coking spray.
2. Place the shredded cauliflower in a kitchen towel and

- squeeze out the excess moisture.
3. Combine all of the ingredients in a large bowl, and mix together thoroughly. I like to use a fork.
 4. Using a spoon or scoop, divide the mixture between the muffin cups and press down firmly into the cups.
 5. Bake at 400°F for 20-25 minutes, or until golden brown.
 6. Allow to cool slightly before running a knife around the edge to pop the tots out of the muffin tin.

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