

# Cauliflower Tortilla

Branch Area Career Center



## Ingredients

12 oz. riced cauliflower-  
Steamed and squeezed dry  
(Directions follow)  
½ tsp. fresh oregano -1/4 tsp  
dried  
2 eggs  
Salt and pepper

## Directions

Remove outer leaves from a head of cauliflower, quarter, remove thick core and wash. Cut into smaller chunks. Using a ricer, a food processor, blender or grater reduce to rice size pieces .In a processor or blender work with small batches , use the course side of the grater. Microwave the cauliflower, covered, for 3 min. on high. Squeeze out all the liquid you can using a tea towel or cheesecloth. Mix with the eggs and oregano. Shape into tortillas. In a nonstick pan, press flat and brown on both sides. Use with white bean and squash Quesadilla

## Nutritional Information

Calories per serving  
Total Fat  
Saturated Fat  
Cholesterol  
Sodium  
Total Carbohydrates  
Dietary Fiber  
Protein

## Servings 6

45  
2g  
1g  
55mg  
50mg  
5g  
2g  
4g