

Cauliflower Tortilla

Branch Area Career Center



Ingredients

1/2 head cauliflower florets
1/4 c lowfat shredded cheddar cheese
1/8 tsp. garlic powder
1/8 tsp. ground cumin
1/8 tsp. chili powder
Pinch of salt and pepper
1 1/2 tsp. olive oil
1 egg

Directions

Wash cauliflower. Break up florets and pulse in a food processor until they are the size of rice grains. Place the cauliflower in a sauté pan with 1/4 cup of water. Bring water to a simmer and then cover the pan to steam the cauliflower until tender (about 5 minutes). Drain the cauliflower and then place in a clean tea towel or cheesecloth, squeeze out all the water. Put in a bowl and add the remaining ingredients, stir to combine. Heat a nonstick pan, divide the mixture in half and form into 4-inch disks. Cook on each side until golden.

Makes 2 Large or 4 Small

Nutritional Information

Calories per serving

Total Fat

Saturated Fat

Cholesterol

Sodium

Total Carbohydrates

Dietary Fiber

Protein

Servings 2

159

5g

1g

53mg

295mg

25g

7g

9g