

Cauliflower Fritters

Serving Size: 2 Fritters | Servings per Recipe: 4 | Heart Healthy



INGREDIENTS

- 1 large head of cauliflower, green leaves removed
- 1 teaspoon salt
- ½ cup flour
- 2 eggs
- ½ cup shredded cheese (any kind)
- 1 tablespoon oil
- Optional: black pepper or garlic powder for flavor

DIRECTIONS

- Place the cauliflower in a large pot and cover with water. Boil 10–15 minutes until tender, then drain and let cool
- Mash the cauliflower in a large bowl. Add salt, flour, eggs, cheese, and optional spices. Mix until combined.
- Heat oil in a pan over medium-high heat.
- Form the mixture into 8 equal fritters (about ¼ cup each).
- Fry fritters 3 minutes per side or until golden brown. Serve warm.



Calories per serving: 180 | 9 g total fat | 15 g total carbohydrates | 370 mg sodium | 8 g protein