DISTRICT 5 4-H FOOD SHOW
RECIPE SUBMISSION PAPERWORK

CONTESTANT NAME: Justin McGuire							
CATEGORY *Please check one*	☐	Appetizer	☐	Main Dish	☒	Side Dishes	☐ Healthy Desserts
COUNTY	Anderson						
AGE DIVISION	☐	Junior	☐	Intermediate	☒	Senior	

Name of Recipe: Oven Made Cauliflower Tots		
Prep Time: 10 minutes	**Cook Time:** 20 minutes	**Cost:** $8.23

Type Recipe Here:

Justin McGuire
Oven Made Cauliflower Tots

Ingredients:

Cooking spray
4 cups cauliflower florets, steamed (about 1/2 large cauliflower)
1 large egg, lightly beaten
1 cup shredded cheddar
1 cup freshly grated Parmesan
2/3 cup panko breadcrumbs
2 tbsp. freshly chopped chives
Dash Kosher salt
Dash freshly ground black pepper
1/2 cup ketchup
2 tbsp. Sriracha

Directions

* Preheat oven to 375°. Grease a large baking sheet with cooking spray.
* In a food processor, pulse steamed cauliflower until riced. Place riced cauliflower on a clean kitchen towel and squeeze to drain water.
* Transfer cauliflower to a large bowl with egg, cheddar, Parmesan, Panko, and chives and mix until combined. Season with salt and pepper to taste.
* Spoon about 1 tablespoon mixture and roll it into a tater-tot shape with your hands.
* Place on prepared baking sheet and bake for 15 to 20 minutes, until tots are golden.
* Meanwhile, make spicy ketchup: Combine ketchup and Sriracha in a small serving bowl and stir to combine.
* Serve warm cauliflower tots with spicy ketchup.

By submitting the recipe, the contestant releases the recipe for use by Texas 4-H Youth Development and Texas A&M AgriLife Extension.

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