

Recipe



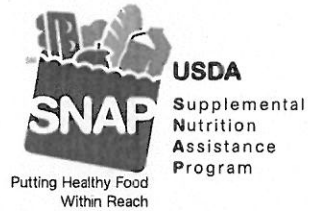
Prep Time:	15 minutes
Cook Time:	15 minutes
Serving Size:	2 breadsticks (5)

Nutrients Per Serving:	Calories	251	
	Protein	12 g, Carbohydrate	11 g,
	Dietary Fiber	3 g, Total Fat	14 g,
	Saturated Fat	8 g, Sodium	643 mg

County information

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This recipe provided by the Ohio SNAP-Ed Nutrition Education Program



Low Carb Cauliflower Breadsticks

INGREDIENTS

1 head raw cauliflower, riced
1/2 cup shredded Mozzarella cheese
1/2 cup shaved Parmesan cheese
1 large egg
1/4 teaspoon garlic powder
1/4 teaspoon dried basil
1/4 teaspoon dried parsley
1 teaspoon salt
1/2 teaspoon black pepper
3/4 cup shredded Mozzarella cheese
Cooking spray

DIRECTIONS

1. Preheat oven to 425 degrees. Line baking sheet with parchment paper.
2. To rice the cauliflower: Core and break into florets. Place in bowl of food processor and pulse until the texture of rice.
3. In a large bowl, mixed the riced cauliflower and all the ingredients listed with the exception of the 3/4 cup Mozzarella cheese. Mix until combined and holds together.
4. Spray parchment paper with cooking spray.
5. Place mixture on parchment paper, and spread out into a rectangle about 9 X 7 and 1/4 " thick.
6. Bake in a preheated oven for 10 to 12 minutes. Remove from oven and top with the 3/4 cup Mozzarella cheese and return to oven to continue baking until the cheese is melted and starting to brown.
7. Cool about 10 minutes and cut into "bread sticks". Serve with your favorite red sauce.

Source:

Realhousemoms.com

For other healthy, low-cost recipes, visit
www.whatscooking.fns.usda.gov



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