

Crispy Cauliflower Fritters

PREP TIME: 15 mins

COOK TIME: 15 mins

TOTAL TIME: 30 mins

SERVINGS: 16 fritters

Ingredients:

- 1 large head cauliflower, cut into florets
- 1/2 cup flour or breadcrumbs
- 2 large eggs, lightly beaten
- 3 cloves garlic, minced
- 3 Tablespoons minced green onion
- Olive oil
- Yogurt or sour cream, for serving

Instructions:

1. Cook the cauliflower
 - a. Stove top method: Bring a large pot of salted water to a boil. Add the cauliflower and cook it just until fork tender, 3 to 5 minutes.
 - b. Microwave method: Place the cauliflower florets in a microwave safe bowl and add ½ cup-1 cup of water, depending on the depth of your bowl. Steam the cauliflower in the microwave for 5 minutes.
2. Transfer the cooked cauliflower to a cutting board and using a sharp knife, cut it into very small pieces. (The cauliflower pieces should be the size of peas or smaller.)
3. Combine the chopped cauliflower, flour, eggs, garlic, scallions, ½ teaspoon salt and ¼ teaspoon pepper in a bowl and stir until well combined. If the mixture is too dry, you can add a few teaspoons of water. If the mixture is too wet, you can add a few extra teaspoons of flour.
4. Line a plate with paper towels. Heat a nonstick skillet over medium-low heat and lightly coat it with olive oil. Scoop out 2- to 3-tablespoon mounds of the cauliflower mixture into the pan, flattening the mounds slightly with a spatula and spacing them at least 1 inch apart.
5. Cook the fritters for 2 to 3 minutes, flip them once and cook them an additional 1 to 2 minutes until they're golden brown and cooked through. Transfer the fritters to the paper towel-lined plate. Serve them warm topped with yogurt or sour cream.

