

Cheesy Cauliflower Patties



Cheesy Cauliflower Patties = YUM YUM!

1 head cauliflower

2 large eggs

1/2 c cheddar cheese, grated

1/2 c panko (found in the bread crumb aisle, healthier option)

1/2 t cayenne pepper (more or less to taste)

salt

olive oil

Cut cauliflower into florets & cook in boiling water until tender about 10 minutes. Drain. Mash the cauliflower while still warm. Stir cheese, eggs, panko, cayenne & salt to taste.

Coat the bottom of a griddle or skillet with olive oil over medium-high heat. Form the cauliflower mixture into patties about 3 inches across. Cook until golden brown & set, about 3 minutes per side. Keep each batch warm in the oven while you cook the rest.

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