



Cheesy Cauliflower Pancakes

Ingredients:

- 1 bag riced cauliflower
- 2 large eggs
- Diet Right cheddar cheese sauce
- Onion powder
- Crushed Ranch Balls
- Cayenne pepper to taste
- ¼ tsp salt
- 2-3 tablespoons olive oil

Directions:

1. Cook riced cauliflower according to package directions.
2. Stir in eggs, cheese, onion powder, crushed ranch balls, salt and pepper
3. Adjust seasonings to taste.
4. Add more as needed for taste and binding mixture together.
5. Coat skillet with olive oil over medium heat.
6. Form cauliflower mixture into 3 inch patties.
7. Cook until golden brown.

Servings: makes 2 servings.

Each serving = 1 cup select vegetables, 1 oz. lean protein, 1 protein products, daily salt, daily healthy fat.

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