

SMALL CHANGES ADD UP

BALANCE AND PORTIONS COUNT

Did you know?

Simple swaps can save calories and lead to big nutrient gains — check out some examples to the right.

Try a recipe, below, that reinvents a traditional comfort food to be lower in calories and higher in fiber — keeping you fuller longer without compromising flavor.



Swap this, *for that!*

- Croutons — *Roasted Garbanzo Beans*
- Sour Cream — *Greek Yogurt*
- Mashed Potatoes — *Mashed Cauliflower*
- Spaghetti — *Vegetable Noodles*
- French Fries — *Baked Green Bean Fries*
- Mixed Nuts — *Fresh Edamame*
- Dried Fruit — *Fresh/Frozen Berries*

Parmesan Cauliflower Tater Tots

Makes 4 servings • 1 serving: about 1 cup, or 6 tater tots

- 2 pounds cauliflower florets
- 1/4 cup + 1 tablespoon all purpose flour
- 1/4 cup grated parmesan cheese
- 1/4 teaspoon ground black pepper
- 1/2 teaspoon kosher salt
- 2 egg whites
- 3/4 cup breadcrumbs
- cooking spray

Bring a large pot of water to a boil, add cauliflower, and boil until tender, 10-12 minutes. Drain, return to pot, and cook until dry over medium heat, about 3 minutes. Remove from heat and using a potato masher, mash cauliflower until it resembles clumpy rice. Transfer to a large bowl to cool, stirring occasionally.

Stir flour and cheese into cooled cauliflower and season with pepper and salt. Whisk the egg whites until frothy and stir into the cauliflower mix. Line an 8-inch square baking dish with plastic wrap, allowing wrap to hang over edges. Spread cauliflower mixture into a compact layer in pan. Cover with plastic wrap and chill in freezer until very cold, 1-2 hours.

Preheat oven to 400F. Coat a large baking sheet with cooking spray and spread breadcrumbs on a plate. Remove chilled cauliflower mixture from pan onto a cutting board and remove the plastic wrap. Cut mixture into 36 even pieces and roll each piece in breadcrumbs, turning to coat all sides. Place each coated tot on the baking sheet about 1 inch apart. Bake, turning once halfway through, until browned, 35-45 minutes.