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Crisp Cauliflower Fritters

Light, golden-brown Crisp Cauliflower Fritters are a delicious vegetarian dinner alternative—and they're ready in just 20 minutes.

- **Yield:** Serves 4 (serving size: 2 fritters and 1 tablespoon sauce)

CookingLight

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Ingredients

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| 1 (10-ounce) package steam-in-bag fresh cauliflower florets | 2 ounces white cheddar cheese, shredded (about 1/2 cup) |
| 1/2 cup prechopped onion | 2 large eggs, lightly beaten |
| 2 tablespoons whole-wheat flour | 2 teaspoons olive oil |
| 2 teaspoons minced fresh garlic | 1/4 cup plain 2% Greek yogurt |
| 5/8 teaspoon kosher salt, divided | 2 tablespoons minced green onions |
| 1/2 teaspoon black pepper | 2 tablespoons canola mayonnaise |
| 1/4 teaspoon grated lemon rind | 2 teaspoons fresh lemon juice |
| 3/4 cup refrigerated shredded hash brown potatoes | |

Preparation

1. Prepare cauliflower according to directions. Place in a bowl; mash with a potato masher. Stir in onion, flour, garlic, 1/2 teaspoon salt, pepper, rind, potatoes, cheese, and eggs. Form into 8 patties. Heat a large nonstick skillet over medium-high heat. Add oil; swirl. Cook patties 4 minutes on each side. Combine 1/8 teaspoon salt, yogurt, and remaining ingredients; serve sauce with fritters.

Nutritional Information