Homemade cauliflower baked tater tots

Makes 30-40 tater tots depending on size

2 cups cauliflower florets
1 large egg
1/2 cup onion minced
1/2 cup Mexican cheese blend or cheddar cheese
1/4 cup Parmesan cheese, or more Mexican cheese blend
1/4 cup unseasoned breadcrumbs
1/4 minced parsley optional
salt and pepper to taste

1. Combine the cauliflower with 1/4 cup of water and cook for 3-4 minutes in your microwave; the time will vary based on your microwave; cook until tender. You can also steam the microwave until tender on your stove. Set aside and cool; once cool enough to handle, finely chop with a food processor or by hand.
2. Preheat your oven to 375 degrees and line a baking sheet with parchment or a Silpat; lightly grease with oil if using parchment.
3. Combine all the ingredients in a bowl and mix well. Form "tater tots" by making rolling an oval shape by hand. Place on the baking sheet and bake for 20 minutes, flipping halfway through. Bake until golden brown.

Cauliflower garlic bread

Makes 1 8 x 4 loaf

1 1/2 cups riced cauliflower
3 large eggs, separated
10 tablespoons almond flour or regular flour
1 1/2 teaspoons baking powder
1/2 teaspoon kosher salt
3 tablespoon melted butter or olive oil
3 cloves garlic, minced
1 1/2 teaspoon Italian seasoning
Freshly grated Parmesan, for serving

1. Preheat your oven to 350 degrees and coat your loaf pan with baking spray or oil.
2. Take your riced cauliflower and squeeze out as much water as possible and place in a large mixing bowl.
3. Add egg yolks, flour, baking powder, salt, butter, garlic, and Italian seasoning together, mix well.
4. In a clean bowl, beat the egg whites until stiff peaks form. Take 1/3 of the egg white mixture and mix it well into the cauliflower mixture. Fold in the remaining egg white.
5. Pour the batter into the prepared pan and bake for 35-40 minutes or until the loaf sets and is golden brown.