

# Cheesy Cauliflower Waffles\*

Servings: 4 | Prep/cook time: 20 minutes

## Ingredients:

2 cups cauliflower rice, uncooked  
½ cup carrots, shredded  
2 tbsp. parsley,  
chopped (plus more for garnish)  
1 tbsp. green onions, chopped  
¼ tsp. salt  
¼ tsp.  
5 stick(s), light part-skim mozzarella string  
cheese, shredded or finely chopped  
1 egg, lightly beaten  
5 sprays cooking spray  
¼ cup plain fat free Greek yogurt  
1 tbsp. Horseradish  
Salt and pepper to taste



Healthy-Comfort Food

## Directions:

1. Preheat a nonstick waffle maker. In a medium bowl, combine first 8 ingredients (cauliflower rice, carrot, parsley, chives, ¼ tsp. salt, ¼ tsp. pepper, cheese, and egg).
2. Coat waffle maker with cooking spray. Evenly spread about ¾ cup cauliflower mixture into waffle iron, close lid, and cook until browned and cooked through, 3 to 4 minutes. Place waffle on a plate. Repeat process with remaining cauliflower mixture, ¾ cup at a time.
3. Meanwhile, in a small bowl, combine yogurt, horseradish, and pinch of salt and pepper. Serve sauce with waffles and garnish with additional parsley.
4. Serving size: 1 waffle and about 2 tsp. sauce

*\*This recipe comes from WW. SmartPoints: 3 on Green, 2 on Blue, 2 on Purple*

