

Low Carb Cheesy Cauliflower Breadsticks

Recipe courtesy of Food Network Kitchen



Move over cauliflower pizza crust, cheesy gluten-free and low-carb breadsticks are here. One small head of cauliflower is magically transformed into satisfying breadsticks.

Total: 50 min
Active: 20 min
Yield: 8 to 9 sticks
Level: Easy

Ingredients:

- Nonstick cooking spray, for coating the parchment
- 1 small head cauliflower, chopped into florets (about 4 cups)
- 1 small clove garlic
- 1/2 teaspoon dried Italian seasoning
- 1/4 teaspoon crushed red pepper flakes, optional
- 2 large eggs, beaten
- 2 cups shredded Cheddar (about 8 ounces)
- 1 cup shredded Parmesan (about 5 ounces)
- Kosher salt and freshly ground black pepper
- Marinara sauce, for dipping

Nutritional Analysis	Per Serving
Calories	220
Total Fat	16 grams
Saturated Fat	9 grams
Cholesterol	90 milligrams
Sodium	590 milligrams
Carbohydrates	4 grams
Dietary Fiber	1 grams
Protein	16 grams
Sugar	1 grams

Directions:

- 1** Preheat the oven to 475 degrees F. Line a rimmed baking sheet with parchment and coat with cooking spray.
- 2** Add the cauliflower and garlic to a food processor and pulse until finely ground and the consistency of couscous. Transfer the cauliflower mixture to a large bowl. Add the Italian seasoning, red pepper flakes if using, eggs, 1 cup Cheddar, 1/2 cup Parmesan, 1/2 teaspoon salt and a few grinds of pepper and combine until the mixture holds together when squeezed.
- 3** Spread the cauliflower mixture into an 8-by-12-inch rectangle about a 1/4 inch thick on the prepared baking sheet. Use the straight edge of the parchment as your guide to keep the cauliflower mixture edges straight too. Bake until the crust turns golden brown all over, 18 to 20 minutes.
- 4** Remove the baking sheet from the oven and lay another piece of parchment on top of the crust. Fit a second rimmed baking sheet on top so the bottom of the baking sheet is touching the parchment. Using oven mitts, hold the 2 baking sheets together and flip them over so the crust is now on the parchment on the upside-down baking sheet. Remove the first parchment from the crust, cut the crust into 1 1/2-inch-thick strips (you should have 8 to 9 strips) and spread them apart a little. Sprinkle with the remaining 1 cup Cheddar and 1/2 cup Parmesan. Bake on the upside-down baking sheet until the cheese is melted and turning brown in spots and the visible crust is a deep golden brown, 8 to 10 minutes.
- 5** Let cool for 5 minutes, then transfer the sticks on the parchment to a serving plate and serve with the marinara sauce for dipping.

