



# Cheesy Cauliflower "Rice" "Breadsticks" Gluten Free

**Servings**

8

**Calories**

70

**Prep Time**

10 minutes

**Total Time**

30 minutes

**Skill Level**

Medium

## Ingredients

- 1 (12 ounces) package Mann's Cauliflower "Rice"
- 1 egg
- 1 cup shredded mozzarella cheese
- 2 tablespoons grated Parmesan cheese
- 1 teaspoon Italian seasoning (or ½ teaspoon each dried oregano & basil leaves)
- ½ teaspoon baking powder
- ¼ teaspoon garlic powder
- ¼ teaspoon salt



## The Method

Preheat oven to 375° F.

Microwave Mann's Cauliflower "Rice" for 7 minutes, uncovered

Line a 9 X 4" loaf pan with parchment paper, then spray parchment with oil.

Mix all ingredients together well, and pat into the loaf pan. Bake for 20 minutes, remove from oven and turn temperature down to 350° F. Carefully lift parchment paper out of pan and carefully cut the loaf into 8 bread stick fingers. Carefully transfer & spread them out on a cookie sheet and return to oven to cook for 10-15 minutes to firm up the dough. They can be eaten as is, or topped with additional mozzarella cheese, returned to the oven to melt the cheese topping, and then served with a warm marinara sauce dip.

### Nutrition Facts

Serving Size: 72g | Servings: 8

### Amount Per Serving

Calories 70 | Calories from Fat 35 | Total Fat 4g (sat fat 2g trans 0g) | Cholesterol 30mg | Sodium 240mg | Total Carbohydrate 3g | Dietary

Fiber 1g | Sugars 1g | Protein 6g | Vitamin A 2% | Vitamin C 40% | Calcium 15% | Iron 2%

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