

Crispy Cauliflower Bites

Age: Preschool-age (3-4 years), Toddlers (18-36 months)

This activity helps your child's development in this domain: Physical

What You Need:



- ½ medium head cauliflower
- 2/3 cup shredded cheddar cheese
- ¼ cup grated Parmesan cheese
- ¼ cup all-purpose flour or gluten-free flour
- 2 large eggs
- ½ tsp. salt
- ½ tsp red pepper flakes
- nonstick cooking spray

What To Do:

1. Preheat oven to 400 degrees. Spray mini muffin tin generously with nonstick cooking spray.
2. Remove the leaves from the cauliflower and coarsely chop the cauliflower.
Using a food processor, pulse until the cauliflower is finely chopped. Do not over process.
3. Place the finely chopped cauliflower into a large mixing bowl. And have your child help add the remaining ingredients. Have her stir to blend well.
4. Together, place a rounded tablespoon of mixture into each mini muffin well.
Pat down to form a nugget.
5. Bake uncovered for 15 minutes or until bites are crispy brown on both sides.

Adapted from the Kansas City Star



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