

Cauliflower & Lentil Fritters

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 48

Ingredients	Quantity	Measure
Cornmeal	¼	cup
All-purpose flour	1 ½	cups
Baking powder	1	teaspoon
Salt	1	teaspoon
Black pepper, finely ground	2	teaspoons
Garlic powder	1	teaspoon
Nutritional yeast	¼	cup
Onion, small chop	1	cup
Flax seed, ground	1	tablespoon
Warm water	3	tablespoons
Riced cauliflower (add cauliflower florets to food processor and pulse)	1	cup
Lentils, cooked	1	cup
Oil for frying, optional		
Soy buttermilk		
Soymilk	1 ½	cups
White vinegar	1 ½	tablespoons

Preparation

1. Mix ground flaxseed and warm water together in a small bowl. Let sit for five minutes to thicken.
2. In a separate bowl, stir together soymilk and white vinegar to create the soy buttermilk. Let sit for 5 minutes.
3. In a medium bowl add cornmeal, flour, baking powder, salt, black pepper, garlic powder, and nutritional yeast. Stir to combine ingredients well.
4. Add the flaxseed mixture and soy buttermilk to the bowl with the dry ingredients. Stir well to ensure all ingredients are combined.
5. Add cauliflower rice, onion, and cooked lentils to the batter. Cover with a piece of plastic and let rest for 10 minutes.
6. Bake or fry until golden brown and crispy.
 - a. If frying, use a small portion scoop (walnut size) to dip and put into deep fryer.
 - b. If baking, bake in a 425-degree oven until golden brown and crispy, approximately 10 minutes.

Nutrition Information per serving *From USDA Nutrient Database |

Calories: 109 Total Fat: 9g Saturated Fat: 0.7g Monounsaturated Fat: 6g Polyunsaturated Fat: 3g
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 5g Fiber: 1g Total Sugar: 0.5g Protein: 1.3g Sodium: 60mg
Vitamin A: 3µg Vitamin C: 2.5mg Calcium: 17mg Iron: 0.3mg Folate: 12µg

