

Chickpea Cauliflower Tots



FOODSERVICE

SERVING SIZE: 50

Ingredients

- 3 cups Cauliflower, Chopped
- 1/2 cup Onion, Diced
- 1/4 cup Nutritional Yeast
- 3 cups **Furmano's Chick Peas (Garbanzo Beans)** , Drained & Rinsed
- 1 teaspoon Salt
- 1/4 teaspoon Black Pepper Flakes

In This Recipe



Pouch Extra Fancy Chick Peas (Garbanzo)



Organic Chick Peas (Garbanzo Beans)



Chick Peas (Garbanzo), Low Sodium - Bella Vista

Preparation

1. Place the cauliflower in a food processor and pulse until the cauliflower looks like rice.
2. Lay a double layer of paper towels on the counter and spread cauliflower out, put a layer of paper towels on top to remove excess liquid.
3. Add the chickpeas, onion, yeast, salt and black pepper to a food processor and pulse until well combined. Reserve.
4. In a large mixing bowl add the reserved mix and the cauliflower and mix well. Using an ice cream scoop form the tots.
5. Fry the tots until golden brown.