

IP Cauliflower Hash Browns

Ingredients:

2 cups of cauliflower florets

½ onion, chopped

1 scallion, finely sliced

1 egg

1 packet of IP Garlic & Herb Chips, crushed

¼ tsp garlic powder, adjust to taste

¼ tsp onion powder, adjust to taste

Salt & pepper, to taste

1-2 Tbsp of Olive Oil

Instructions:

1. Process cauliflower and onion in a food processor until crumbly.
2. Transfer riced cauliflower mixture into a large bowl.
3. Crush IP Garlic & Herb chips to a fine texture (to resemble bread crumbs).
4. Add crushed IP chips, garlic powder, onion powder, scallion and egg to the cauliflower mixture and mix thoroughly.
5. Scoop batter and shape into patties, a little smaller than 2x3 inches.
6. Heat 1-2 teaspoons of olive oil in a large pan over medium heat. Add several patties and cook for 4-5 minutes per side, until golden brown. You can add another 1-2 teaspoons when you carefully flip the patties, to help brown the other side. Repeat with remaining batter until finished.
7. Options: You can add finely diced bell peppers, grated broccoli, or other IP chips to your tasting. Add crushed red pepper to spice things up or add fresh rosemary, thyme, oregano and basil for a savory twist. Top with homemade Pesto or Tomato Basil Drizzle. Enjoy!