

# HEALTHY LIVING INITIATIVE RECIPE OF THE MONTH



## CHEESY CAULIFLOWER BREADSTICKS

### Ingredients

- 1 Large head cauliflower
- 4 Eggs
- 2 Cups of mozzarella cheese (grated)
- 3 Teaspoons oregano
- 4 Cloves garlic (minced)
- Salt and pepper to taste
- 1 to 2 Cups mozzarella cheese (for topping)

### Directions

1. Preheat oven to 425 F degrees. Spray 2 baking sheets with cooking spray.
2. Wash cauliflower and grate so it resembles rice.
3. Place cauliflower in a microwavable container and cover with lid. Microwave for 10 minutes.
4. In a large bowl mix cauliflower with eggs, 2 cups mozzarella cheese, oregano, garlic, and salt and pepper.
5. Separate the mixture in half and place each half onto the prepared baking sheets and shape into a rectangle for the breadsticks.
6. Bake for about 25 minutes or until golden. Then sprinkle with remaining mozzarella cheese and put back in the oven for another 5 minutes or until cheese has melted.
7. Slice into breadsticks and serve.

