

CAULIFLOWER HASH BROWNS

By Dr. Cindy Tanzar
(Standard/Maintenance)

Many of you ask for different ways to eat a vegetable at breakfast. You won't miss the potatoes with this delicious recipe. Just be sure not to flip them before they are nice and brown so that they release easily from the pan. If you do, don't worry. Just pan fry them like hash browns that aren't in a patty.

Makes 3 servings covering 1 oz. protein, vegetable, and fat.



INGREDIENTS

1 lb cauliflower florets, grated

3 pastured eggs

½ medium yellow onion, grated

Pink Himalayan salt & fresh ground pepper, to taste

4 oz. Kerry Gold butter (or 2 oz. butter and 2 oz. organic coconut or avocado oil)



INSTRUCTIONS

Trim the cauliflower florets from the stalk and weigh to 1 lb. Shred the cauliflower on a box cheese grater.

Mix with the other ingredients in a bowl and let sit 5-10 minutes.

Melt the butter (or butter and oil) on medium heat in a large skillet. Place scoops of cauliflower mixture in the frying pan and flatten carefully until they measure 3-4 inches in diameter. Allow room for 3-4 “pancakes” at a time.

Fry for 4-5 minutes on each side, adjusting the heat to a lower setting, if necessary, to make sure they don’t burn. It is very important not to turn the pancakes until they are well-browned, otherwise they may fall apart.

Use the oven on low heat to keep the first batches warm while you make the others.