

# Fast Food Garden - Hush Puppies



## Ingredients:

½ head Orange Cauliflower  
2 eggs  
2 cups panko-style breadcrumbs  
½ tablespoon seasoned salt  
Grapeseed oil

## Directions:

Cook cauliflower until tender (al dente will not do for this recipe). Strain until very dry. Mash and mix together 1/3 of the breadcrumbs, salt, and eggs. Form mixture into small round balls (approximately the size of half an egg), and roll in remaining breadcrumbs. Deep fry in grapeseed oil until golden brown. Yields approximately 30 hush puppies.

NOTE ON PREP TIME: EACH RECIPE WOULD TAKE APPROX. 20-40 MIN. TO PREPARE.