Cauliflower Grilled Cheese

Ingredients

1 head cauliflower

2 eggs, lightly beaten

½ cup finely grated parmesan

½ tsp oregano

1 ½ cup shredded white cheddar

Directions

Cut cauliflower into florets. Process cauliflower florets in a food processor until the texture resembles rice. Alternatively, you can grate the cauliflower.

In a medium bowl, combine processed cauliflower, eggs, parmesan and oregano. Mix until evenly combined the season with salt and pepper.

Heat a large nonstick skillet over medium heat. Spray with cooking spray then scoop the cauliflower mixture into a small patty on one side of the pan. Repeat to form a second patty on the other side. Press down on both pieces with a spatula and cook until golden underneath, about 5 minutes. Flip and cook until the other sides are golden, about 3 minutes more.

Top one cauliflower slice with cheese then place the other cauliflower slice on top. Cook until the cheese is melted, about 2 minutes more per side. Repeat with remaining ingredients.