



# Cooking in the Kitchen at Olums

**Molly Morgan** RD, CDN, CSSD  
*Delicious Recipes  
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## Baked Veggie Sticks

Serves 6-8

### Ingredients:

- 4 cups cauliflower rice (pulse cauliflower into the size of rice using a food processor or buy pre-made)
- 1 1/2 cups shredded Parmesan cheese, divided
- 2 eggs
- 1 teaspoon garlic powder
- sea salt (optional)

### Directions:

1. Preheat the oven to 400 degrees F.
2. Mix the cauliflower, 1 cup of the Parmesan cheese, eggs, and garlic powder together.
3. Prepare a 9" x 13" baking dish or small sheet pan with parchment paper and transfer the cauliflower mixture to the prepared pan.
4. Press the mixture evenly throughout the pan and bake for 25-30 minutes or until the top is golden brown.
5. Top with the remaining cheese and return to the oven until the cheese is melted, about 5 minutes.
6. Cool and then cut into strips to serve.