

Arancini-Five Cheese, Bacon, Cauliflower Bites



Prep Time: 2 Hours

Cook Time: 20 minutes

Ingredients:

5 Cups Cauliflower (Riced)
1 lb. Bacon (cooked and crumbled)
8 oz. Cream Cheese (softened)
4 oz. Goat Cheese
½ Cup Sharp Cheddar Cheese (shredded)
½ Cup Sharp Garlic White Cheddar Cheese
1 ½ Cup Parmesan Cheese (grated & divided)
3 Cloves Garlic (minced)
1 tsp. Italian Seasoning (divided)
½ tsp. Sea Salt
½ tsp. Black Pepper
1 Cup Pork Rinds (finely crushed)
½ Cup Panko
1 tsp. Onion Powder
1 tsp. Garlic Powder
Oil

Directions:

1. In a large mixing bowl, combine riced cauliflower, bacon, cream cheese, goat cheese, cheddar cheese, white cheddar cheese, ½ cup grated parmesan, minced garlic, ½ tsp. Italian seasoning, sea salt and pepper. Mix until all ingredients are well incorporated. Refrigerate 1-2 hours.
2. Combine crushed pork rinds, remaining 1 cup parmesan cheese, Panko, remaining ½ tsp. Italian seasoning, onion powder and garlic powder. Pour mixture in a thin layer on a large plate.
3. Heat an inch of oil over medium-high heat. I use a non-stick wok for stove-top deep frying. The high sides reduce splatter and make clean up a cinch.

4. Remove cauliflower mixture from refrigerator and roll into 30 even balls, approximately an inch and a half to two inches in diameter.
5. Roll each ball in breading mixture until evenly and liberally coated.
6. Once oil is hot and begins to bubble, drop cauliflower balls into the oil, 5 or 6 at a time. Using tongs to turn them, fry until they are an even golden brown all over-about 3-4 minutes each side.
7. After removing cauliflower balls from oil, allow to cool on a paper towel to soak up excess grease. This will also give the breading a chance to crisp up so that it stays on.

TIP: To rice the cauliflower you can pulse it in a food processor or even just use a cheese grater. I used a cheese grater.

Nutrition Facts

Amount per serving: 3 Balls

Calories	280
Net Carbs	5.4 g
Total Fat	19.2 g
Protein	19.2 g