

# Low-Carb Cauliflower Hash Browns

Per serving: Cal-293, Carbs-4g, Protein-7g

## **Ingredients**

4 servings  
1 lb (450 g) cauliflower, 1 small head, shredded  
3 eggs  
½ yellow onion, grated  
1 teaspoon salt  
2 pinches pepper  
4 oz. (110 g) butter for frying

## **Instructions**

Remove the cauliflower leaves and shred an appropriate amount of cauliflower coarsely. Save the rest of the cauliflower for another time.

Mix the shredded cauliflower with the other ingredients in a bowl and let sit for 5–10 minutes.

Melt a generous amount of butter or oil on medium heat in a big sauce pan. The cooking process will go quicker if you plan to have room for 3–4 pancakes (about 3–4 inches) at a time. Use the oven on low heat to keep the first batches of pancakes warm while you make the others.

Place mounds of the grated cauliflower mix in the frying pan and flatten them carefully until they measure about 3–4 inches in diameter.

Fry for 4–5 minutes on each side, adjust the heat so that they don't burn. Be patient, if you flip the pancakes too soon they may fall apart.

Serving suggestions: Enjoy them as they are with homemade mayonnaise or spicy butter and leafy greens. Or have as a side dish, a great option to hash browns.

<http://www.dietdoctor.com/recipes/cauliflower-hash-browns>