

Mini Mashed Cauliflower Cheese Dogs

Hot dogs are a favorite for many people and these cheesy mashed cauliflower dogs make a great appetizer, snack or even the main course. These are best eaten when still warm but taste just fine cold as well. So make up a few for your next party or dinner.

Recipe Type: Appetizer, Diabetic, Main Dish, Meat, Side Dish, Snack

Degree of Difficulty: Moderately difficult

Ingredients

8 each Turkey hot dog
8 ounces low fat cheddar cheese
2 each Cauliflower Heads
4 Tbs Sour Cream, fat free
2 tbs Butter, unsalted
¼ cup Skim Milk



Directions

- 1 Preheat oven to 375 degrees.
- 2 Cut hot dogs lengthwise in half without cutting all the way through.
- 3 Place hot dogs on a baking sheet.
- 4 Chop cauliflower into small pieces.
- 5 In a medium sauce pan, bring 2 cups of water to a simmer.
- 6 Add the cauliflower and cook for about 15 minutes or until it is very tender.
- 7 Drain completely and pat dry if needed.
- 8 Add milk, sour cream and butter to the cooked cauliflower.
- 9 Using a hand mixer, blend together until smooth. If you like your mashed potatoes chunky, then don't blend as long so you get chunky mashed cauliflower.
- 10 While the mashed cauliflower is still hot, add half the cheddar cheese and blend together.
- 11 Place the cheesy mashed cauliflower into the halved hot dogs.
- 12 Sprinkle the remaining cheese evenly over the hot dogs.
- 13 Place into the oven and bake at 375 degrees for about 10 minutes or until cheese is melted and bubbling slightly.
- 14 Remove from oven and cut each dog into thirds.
- 15 Place on tray and serve while still hot.

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Total Time: 25 minutes

Nutrition Facts

Nutrition (per serving): 110 calories, 6.5g total fat, 2.6g saturated fat, 15.8mg cholesterol, 246.9mg sodium, 7.5g carbohydrates, 2.5g fiber, 3.1g sugar, 6.6g protein.

Servings: 24

Yield: 24 Mini Dogs

Weight Watchers Points

Note: The nutrition for the cauliflower was not used when calculating WW points.

Orig. WW Pts: 2

Points Plus: 2

Smart Points: 3

FreeStyle Smart Points: 3

Tips

If you want to turn this appetizer recipe into a main course do not cut hot dogs into thirds. Cottage cheese or applesauce make a great side dish for this meal.