

Broccoli Tots

20 - 1.5" tots



Ingredients

6 ounces broccoli

1 egg

4 ounces cheddar cheese, grated

1/2 cup panko breadcrumbs

1/4 cup chopped scallions

1 teaspoon soy sauce

pinch salt

pinch pepper

Instructions

Preheat oven to 400 degrees.

Line a baking sheet with parchment paper.

Cook broccoli until tender then puree in a food processor.

Mix together pureed broccoli, egg(s), cheddar cheese, panko breadcrumbs, scallions, soy sauce, salt, and pepper. Mixture should be dry enough to form tots by hand.

Scoop tots with mini cupcake scoop to ensure all are the same size, and shape into tots using hands.

Place on prepared baking sheet and bake for 12-15 minutes until golden and crispy. Enjoy!

TBK Tip: Allergy substitution ingredients include dairy-free cheese, cornmeal (for breadcrumbs), and omitting the eggs.

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