



Broccoli Tots

Yield: 4 servings
Serving size: 5 pieces

Ingredients

- 1 each Broccoli crown, about 12 oz.
- 3 each Eggs, beaten
- 1/4 cup Scallions, minced
- 1/4 cup Sharp cheddar cheese, shredded
- 2/3 cup Whole wheat breadcrumbs
- 2 tbsp. Italian seasoning
- 1 tsp. Garlic powder
- 1/2 tsp. Kosher salt
- 1/2 tsp. Ground Pepper

Equipment

- Measuring spoons
- measuring cups
- Mixing bowl
- Mixing spoon
- Knife/ cutting board
- Baking sheet with parchment paper
- Food processor

Method

1. Preheat oven to 400°F. Line a baking sheet with parchment paper.
2. Cut the broccoli into florets and place on the baking sheet. Roast for 15 minutes, or until the florets are tender.
3. Remove the broccoli from the oven and transfer to a food processor. Pulse until the broccoli is broken up into small pea-sized pieces.
4. Place the chopped broccoli in a bowl and mix in the remaining ingredients.
5. Use a heaping tablespoon to form into small logs. Place the tots on the lined baking sheet. Lightly spray them with cooking oil.
6. Bake in preheated oven for 10 minutes.

Helpful Tips

- Use frozen broccoli.
- Tots can be made ahead and frozen.
- Use a mini muffin tin to form tots.