

Broccoli Tots

Makes 20-30, approximately 1½" tots



Ingredients

Makes
(20)

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(30)

broccoli	6 oz	9 oz
eggs	1	1 ½
cheddar cheese, grated	4 oz	6 oz
panko breadcrumbs	½ C	¾ C
chopped scallions	¼ C	¼ C + 2 T
soy sauce	1 t	1 ½ t
salt	pinch	large pinch
pepper	pinch	large pinch

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!

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