



Baked Broccoli Tots

Ingredients

- 2 cups or 12 ounces fresh or frozen chopped broccoli
- 3 eggs
- ¼ cup minced onion
- ⅓ cup shredded cheddar cheese
- ⅔ cup whole wheat breadcrumbs
- 2 tablespoons dried parsley or rosemary
- 1 teaspoon garlic powder
- ½ teaspoon salt
- ½ teaspoon pepper

Directions

1. Preheat the oven to 400° F. Lightly spray a baking sheet and a muffin tin with non-stick cooking spray.
2. Cut the broccoli into pieces. Add broccoli to the baking sheet and roast until the broccoli is soft (about 15 minutes for raw broccoli and 25 minutes for frozen broccoli). You should be able to easily poke a fork through the broccoli.
3. Once cooked, chop the broccoli into very small pieces, about the size of small peas.
4. Mix the broccoli with the remaining ingredients.
5. Spoon the broccoli mixture into the muffin tin, filling each tin about halfway. Press the mixture down with a spoon to make it compact.
6. Bake until golden brown and crispy, 18-24 minutes.
7. Remove from the oven and let cool slightly before serving.

Serves: 12 • Serving Size: 1 tot • Prep time: 15 minutes • Cook time: 25 minutes

Chef Tips

1. Try different types of shredded cheese
2. Add red pepper flakes for a little spice
3. Use plain breadcrumbs if you can't find whole wheat
4. Freeze unbaked tots on a cookie sheet and transfer to a sealed plastic bag to bake later
5. If you don't have a muffin tin, roll mixture into small balls and line on a baking sheet to cook

Supplies

- Baking sheet
- Muffin tin
- Knife/cutting board
- Measuring Spoons
- Mixing Bowl
- Mixing spoon
- Cooking spray



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Nutrition Facts Per Serving: 50 Calories, 2 g Fat, 5 g Carbohydrate, 3 g Protein, 170 mg Sodium