

Cheesy Broccoli Tots

Ingredients

- 2 cups or 12 oz of uncooked/frozen broccoli
- 1 large egg
- ¼ cup diced green onion
- 2/3 cup cheddar cheese
- 2/3 cup breadcrumbs or gluten-free bread crumbs
- ¼ cup sundried tomatoes
- ½ tsp pepper

Prep Time	Cook Time	Serves
15 minutes	20 minutes	20 tots

Procedure

1. Preheat oven to 400°F. Grease a baking sheet with a thin layer of oil or line with parchment paper and set aside.
2. Blanch the broccoli in boiling water for 1 minute then remove and shock with cold tap water to stop the cooking process. Drain well.
3. Chop broccoli, green onion, sundried tomatoes finely, and shred cheese.
4. Mix broccoli thoroughly with the egg, green onions, cheddar, breadcrumbs, sundried tomatoes, and pepper.
5. Scoop about 1.5 tablespoon of mix using an ice cream scoop or your hands and gently press between your hands to firm a ball and shape into a tater-tot shape. Next, place on your prepared baking sheet.
6. Bake until golden brown and crispy for 18-24 minutes. Remove from the oven and enjoy hot with ketchup, or your favourite dipping sauce.

