

Veggie Tots

Prep 20M | Cook 20M | Enjoy in 40M

These veggie tots are the healthier cousin of fast-food tater tots. With cauliflower, broccoli, carrot and onion, you can feel good about serving these as a side for tonight's dinner.

INGREDIENTS

- 1½ cups roughly chopped cauliflower
 - 1½ cups roughly chopped broccoli
 - ½ cup grated carrot
 - 2 green onions, chopped
 - ½ cup grated cheddar cheese
 - 2 large eggs, beaten
 - 1 cup plain breadcrumbs
 - 1 tbsp canola oil
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DIRECTIONS

1. Preheat oven to 400°F.
 2. Cook broccoli and cauliflower in a large pot of boiling water just until tender, about 4-5 minutes. Drain well and set aside to cool slightly.
 3. Transfer cooled broccoli and cauliflower to a food processor and pulse just until finely chopped but not fully puréed into a paste.
 4. Transfer to a large bowl. Add carrots, green onions, cheese, eggs and breadcrumbs. Stir to combine.
 5. Using your hands, form the mixture into 20 balls. Flatten the top and bottom of each ball to create a cylindrical tot shape.
 6. Drizzle canola oil evenly onto a parchment paper-lined baking sheet.
 7. Roll each tot in the oil to coat evenly and line up tots in a single layer on the baking sheet.
 8. Bake for 7 minutes, then flip and bake for another 7 minutes.
 9. Serve and enjoy!
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NUTRITIONAL FACTS

Serves 5 (4 tots per serving)

Nutritional analysis per serving (4 tots): 211 calories, 10 g fat, 10 g protein, 21 g carbohydrate (18 g available carbohydrate), 3 g fibre, 287 mg sodium

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