



Broccoli Tots

MAMA, YOU **HIDE THE GREEN VEGE**

ingredients

- Extra-virgin olive oil, for brushing
- 1 (10-oz.) bag frozen broccoli (about 3 c.), thawed and patted dry
- 2 large eggs, beaten
- 1 c. panko bread crumbs
- 1/2 c. shredded cheddar
- 1/2 c. grated Parmesan
- 1/4 tsp. garlic powder
- Kosher salt
- Tomato ketchup, for serving

instructions

- Preheat oven to 200°C. Brush baking sheet with oil and line with parchment paper. Brush parchment with oil.
- Pat broccoli dry and very finely chop broccoli or pulse in a food processor until very finely chopped. Scrape chopped broccoli into a medium bowl and stir in egg, panko, cheddar, Parmesan, and garlic powder. Season with salt.
- Scoop 1 tablespoon broccoli mixture and press into a tater tot shape using lightly dampened hands. Transfer to prepared baking sheet. Continue with remaining broccoli mixture, evenly spacing tots on prepared baking sheet.
- Bake, turning once, until golden and crispy, about 20 minutes. Remove from oven and serve warm with ketchup.