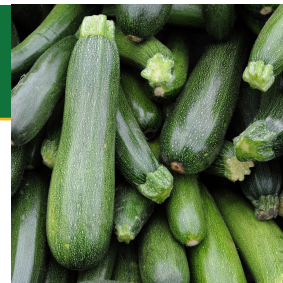


Zucchini Tots

Prep Time: 15 min

Cook Time: 20 min

Servings: 4



Looking for a fun new way to use zucchini? This kid-friendly zucchini recipe is easy to make and delicious. These come out crispy and go great with any dipping sauce.

Ingredients

- 2 medium (6-ounce) zucchini, 2 cups grated zucchini, packed
- 1/4 medium onion, diced
- 1 large egg, slightly beaten
- 1/2 cup grated cheddar cheese
- 1/2 cup seasoned breadcrumbs
- salt & pepper, to taste
- Cooking spray (can use oil or butter)

Steps

1. Preheat oven to 400°F. Spray a baking sheet with cooking spray.
2. Grate the zucchini, place it in the center of a clean and dry dish towel or cheesecloth, gather the corners together making a pouch, and twist the cloth tightly to squeeze out excess moisture. Do this over a bowl to collect the liquid. Wring all the excess water out of the zucchini, there will be a lot of water.
3. Carefully open zucchini bundle and empty contents into a medium bowl, add breadcrumbs and other ingredients, season with salt & pepper, and mix well to combine. Add more breadcrumbs if the mixture is not sticky.
4. Spoon 1 TBSP of the mixture in your hands and gently form into small ovals. Place on the cookie sheet and bake for 16 - 18 minutes, turning halfway through cooking until golden.