



summer squash tots

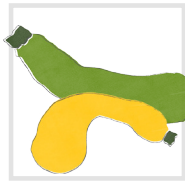
Cheesy tater tots for the win.

PREP TIME : 15 mins | COOK TIME : 16-18 mins | SERVINGS : 2-3

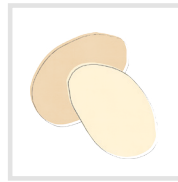
WHAT YOU NEED:



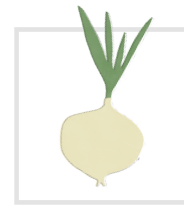
Cooking spray



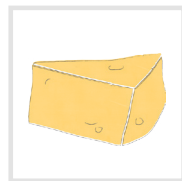
1 packed cup grated green & yellow zucchini



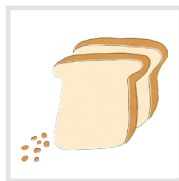
1 large egg



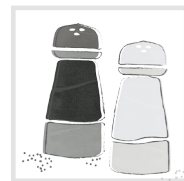
1/4 medium onion, minced



1/4 cup grated cheddar cheese



1/3 cup seasoned breadcrumbs



1/4 teaspoon salt & black pepper

INSTRUCTIONS

- 1 Preheat oven to 400 degrees Fahrenheit and spray a baking sheet with cooking spray.
- 2 Grate the squash into a clean dish towel until you have 1 packed cup. Wring all of the excess water out of the squash, there will be a lot of water.
- 3 In a medium bowl, combine all of the ingredients and season with salt and pepper to taste.
- 4 Spoon 1 tablespoon of mixture in your hands and roll into small ovals. Place on the cookie sheet and bake for 16 to 18 minutes, turning halfway through cooking until golden. Makes 16 tots.

