

Zucchini Tots

Oscar · 28/09/2024

**Prep Time**

35 mins

Difficult

Medium

Servings

12

Description

These veggiepacked carrot and zucchini tots are crispy crunchy and deliciously stylish because kids eat with their eyes too

Ingredients

— - cooking spray - 1 cup grated zucchini - ¼ cup grated carrot - ¼ cup seasoned bread crumbs - ¼ cup crumbled feta cheese - ¼ cup chopped fresh basil - 1 large egg - ½ teaspoon salt - ¼ teaspoon ground black pepper - ? teaspoon dried oregano

Instructions

1. Preheat the oven to 400 degrees F (200 degrees C). Spray a mini muffin tin with cooking spray. Combine zucchini and carrot in a large bowl. Squeeze out excess water using a paper towel. Mix bread crumbs
2. feta cheese
3. basil
4. egg
5. salt
6. pepper
7. and oregano into zucchini-carrot mixture. Scoop mixture with a mini ice cream scoop or two spoons and press into the prepared muffin cups with the back of a spoon. Bake in the preheated oven until golden brown on top
8. 15 to 18 minutes. Cook's Note Finely minced onion can be used in place of carrot. Any variety of cheese
9. such as a Mexican or Italian cheese blend
10. can be used in place of feta. Top the tots with a little shredded cheese and a drizzle of olive oil prior to baking for a crispy
11. crunchy top.