

Broccoli Tots



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Serves: 6
Prep Time: 20 minutes
Cook Time: 20 minutes
Total Time: 60 minutes (cooling time included)

Ingredients

- 12 oz broccoli, cut into small florets
 - 1/4 cup scallions, thinly sliced
 - 2 garlic cloves, finely diced
 - 2/3 cup shredded cheddar cheese
 - 1 egg, beaten
 - 2/3 cup Gluten-free breadcrumbs
 - salt & pepper
 - 2 tsp Sriracha sauce
- Serve with dip of choice

Instruction

Preheat oven to 400 degrees.

In a mixing bowl, add broccoli, scallions, garlic, cheddar, egg, and breadcrumbs and hot sauce of choice. Mix well and chill in the refrigerator for 15–20 minutes.

Spray a nonstick baking sheet with nonstick spray or line with parchment paper. Shape the mixture into tot shapes and spread them evenly on the sheet.

Bake for 8–9 minutes. Flip tots and rotate pan. Bake for an additional 8–9 minutes on the other side until golden brown

Serve with dip of choice.