

TEXAS A&M AGRI LIFE EXTENSION

What's Cooking?

Zucchini Tots

Ingredients:

- 2 zucchini, grated
- 1/2 teaspoon kosher salt
- 2 carrots, peeled and shredded
- 1/2 cup panko
- 2 large eggs, beaten
- 1/4 cup shredded Cheddar cheese
- 2 tablespoons freshly grated Parmesan cheese
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried oregano
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- Pinch of Cajun seasoning, optional
- Kosher salt and freshly ground black pepper, to taste
- 2 tablespoons chopped fresh parsley leaves, for garnish, optional

Directions:

Preheat the oven to 400°F. Lightly oil a baking sheet, or coat it with nonstick spray.

Put the grated zucchini in a colander over the sink. Add the salt and gently toss to combine; let sit for 5 minutes. Using a clean dish towel or cheesecloth, drain the zucchini completely, removing as much water as possible.

Transfer the drained zucchini to a large bowl. Stir in the shredded carrots, panko, beaten eggs, both cheeses, the basil, oregano, garlic powder, onion powder, and Cajun seasoning, if desired; season with salt and pepper to taste.

Form the zucchini-and-carrot mixture into approximately 2-inch-long tots, and arrange them on the prepared baking sheet, leaving space between them.

Bake until golden brown and crisp, 15 to 16 minutes, flipping before the last 10 minutes of cooking time.

- Serve immediately, garnished with the parsley, if desired. minutes, stirring frequently, until the cauliflower is slightly crispy on the outside but tender on the inside.
- Add the egg then remove from heat and mix in scallion greens.

Nutrition Facts per Serving:

Servings:6

Calories 104

HEALTHY TIP: For desk-top dining, keep single-serve packages of crackers, fruit, peanut butter, soup, or tuna in your desk for a quick lunch.
Source: Academy of Nutrition and Dietetics

Source: Today.com