



Broccoli Cheddar Tater Tots

Ingredients

- 2 cups uncooked broccoli
- 1 large egg
- 1/4 cup finely diced yellow onion
- 1/3 cup cheddar cheese
- 2/3 cup panko breadcrumbs
- 1 t salt
- ½ t pepper
- 1 t dried parsley
- 1 t dried chives
- ½ t onion powder
- ½ t garlic powder

Directions

- Preheat the oven to 400°F. Line a baking sheet with parchment paper and set aside.
- Cut the broccoli into florets and submerge in boiling water for one minute. Remove and immediately shock in a bowl of ice water to stop the cooking.
- Finely chop the broccoli and thoroughly combine with egg, onions, cheddar, breadcrumbs, and seasoning.
- Scoop 1-2 tablespoons of mixture and form into a tot shape. Place tots on prepared baking sheet.
- Bake 20-24 minutes, turning halfway, until golden brown.