



Zucchini Tots



16 servings



30 minutes

INGREDIENTS

cooking spray

1 packed cup
grated zucchini

1 large egg

1/4 medium onion,
minced

1/4 cup grated
reduced fat sharp
cheddar cheese

1/3 cup seasoned
breadcrumbs

1/4 tsp kosher salt
and black pepper
to taste

INSTRUCTIONS

1. Preheat oven to 425°F. Spray a baking sheet with cooking spray.
 2. Grate the zucchini into a clean dish towel until you have 1 packed cup. Wring all of the excess water out of the zucchini, 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. Spoon 1 tablespoon of mixture in your hands and roll into small ovals.
 4. Place on the cookie sheet and bake for 16 to 18 minutes, turning halfway through cooking until golden.
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