

HEALTHY BAKED ZUCCHINI TOTS

Yield: 6 servings | Total Preparation Time: 30 minutes



Ingredients

- 3 medium zucchini
- 2 large eggs
- 2/3 cups shredded Italian blend cheese
- 1/2 cup crushed rice cereal, such as Rice Chex
- 1 1/2 teaspoons Italian Seasoning
- 1/2 teaspoon garlic powder
- Salt and pepper to taste

Instructions

1. Preheat the oven to 400° F.
2. Shred the zucchini and measure out 2 cups tightly packed.
3. Pour the shredded zucchini onto several sheets of paper towel or a cheese cloth. Using paper towel or cloth, squeeze out as much moisture as possible into sink. Once you've squeezed as much moisture out as possible, place zucchini into a large bowl.
4. Crush the rice cereal into fine crumbs, then pour on top of zucchini. Add the eggs, cheese, crushed rice cereal, herbs, garlic, salt and ground black pepper. Mix well to combine into zucchini mixture.
5. Spoon out tightly packed portions of zucchini mixture (about 2 tsp) onto parchment paper-lined baking sheets.
6. Bake for 20-25 minutes until golden.



These gluten-free, veggie-packed tots are a great source of protein, vitamins and minerals. This kid-friendly dish can be a hit for the whole family at meal-time, or even as a snack. #ProTip: For a fancy treat, bake them as flat "pancakes" and top with diced tomatoes, sliced avocado, or low-fat sour cream

