



Veggie Tots

These tots are the best way to get an extra serving of veggies!

Ingredients:

- ½ cup packed grated zucchini
- ¼ cup grated cauliflower
- 1 egg
- 1 teaspoon garlic powder
- 1/3 cup chips
- ¼ teaspoon salt and pepper

Instructions:

1. Preheat oven to 400 degrees F.
2. Grate zucchini, add salt and let sit for 20 minutes to draw out the moisture. Use a dish towel to wring out water if necessary.
3. Add everything to a bowl and mix well to combine.
4. Take 1 Tbsp of the mixture and roll into a tot shape. Transferring to a baking sheet lined with foil or parchment.
5. Repeat!

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