



Zucchini Tots

4-6 servings

INGREDIENTS

- Cooking spray (can use oil or butter)
- 1 packed cup grated zucchini
- 1 large egg
- 1/4 medium onion, diced
- 1/4 cup grated cheddar cheese
- 1/3 cup seasoned bread-crumbs

DIRECTIONS

1. Preheat oven to 400°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 the excess water out of the zucchini, there will be a lot of water. In a medium bowl, combine all of the ingredients and season with salt and pepper.
3. Spoon 1 TBSP of the mixture in your hands and roll into small ovals. Place on the cookie sheet and bake for 16 - 18 minutes, turning halfway through cooking until golden.



**Vermont
Foodbank**
VT Fresh

Become a Recipe Tester and enter to win a \$100 gift card!

Visit VT Fresh for recipes, videos & more! vtfoodbank.org/vtfresh

This material was funded in part by USDA's Supplemental Nutrition Assistance Program (SNAP). USDA is an equal opportunity provider and employer.