

LOW-CARB BROCCOLI TOTS

INGREDIENTS

- 1 medium heads broccoli cut into florets
- 0.25 cup small diced onion
- 0.25 cup small diced yellow bell pepper
- 0.5 egg + 1 egg white
- 0.25 cup finely ground IP croutons
- 0.5 tablespoon fresh chopped parsley
- Salt and ground fresh pepper to taste
- Cooking spray or olive oil

PREPARATION

1. Preheat oven to 375°F.
2. Grease a nonstick baking sheet with cooking spray or olive oil.
3. In a large pot, bring water to a boil and add salt, broccoli florets and cook until it is tender. For about 3-5 minutes.
4. Drain water and blend florets in the food processor for a few seconds.
5. Transfer blended mix to a kitchen towel and wring out. You need to squeeze out water as much as you can.
6. In a medium bowl, add all the ingredients and mix well to combine.
7. Spoon about 1 or 2 tbsp. of the mixture and make a tot shape using your hands.
8. Place them on the prepared baking sheet and repeat the process for remaining broccoli mixture. The tots should be set 1 inch.
9. Bake for about 20-25 minutes. Turn them and bake for 20 minutes more or until crispy.
10. Serve with any approved dipping sauce of choice.
11. Enjoy!

