

SPAGHETTI SQUASH TOTS

INGREDIENTS

- 1 medium spaghetti squash
- 1 medium green onion thinly sliced (both white and green parts)
- 1/2 tsp. salt
- 1/4 tsp. black pepper

PREPARATION

1. Preheat the oven to 425°F and spray 24 count mini muffin tins with olive oil cooking spray.
2. Prick squash multiple times with a fork and place on a microwave safe plate.
3. Cook in microwave on high for 7-8 minutes or until slightly soft. Remove and let cool.
4. Halve the squash lengthwise and scrape out the seeds.
5. Using a fork, remove the spaghetti squash strands and discard the skins. Then, place the squash on a large clean kitchen towel and roll up the towel and wring out as much moisture as possible from the squash.
6. Place squash in a large bowl and run a sharp knife thru the bowl a few times to cut the squash strands into smaller pieces.
7. Now add the scallions, salt and pepper to the squash and stir to blend well.
8. Use an ice cream scoop or spoon and drop the mixture into mini muffin cups to filling each about half full. Flatten down with your fingers.
9. After filling all cups, spray the surfaces of each tot lightly with olive oil spray and place the tin in the oven for 10 minutes.
10. After 10 minutes, remove the tin from the oven. Tots should be golden brown on the bottom. Now flip each tot over carefully and spray again lightly with cooking spray. Return to the oven for an additional 10 minutes.
11. Take out of the oven and allow the tin to cool off on a rack for 5 minutes. Invert to release the tots.
12. Dust the tots with salt to taste. Serve warm and enjoy.

