



Zucchini Tater Tots

Equipment

What to do

Measuring cups & spoons

Preheat the oven 200°C. Brush a mini muffin pan with olive oil.

Grater

Wooden spoon

Task 1 : Prepare the ingredients

Wash and grate the zucchini and potatoes. Gather the grated potatoes and zucchini into a kitchen towel and squeeze out as much liquid as possible. Grate the cheese.

Mixing bowl

Mini muffin tray

Brush

Task 2 : Mix

Place the potatoes and zucchini in a bowl and add the remaining ingredients. (**Egg Substitute** – 1 tbs flax meal to 3 tbs hot water,) Your hands are probably the best tool for the job or use a wooden spoon.

Ingredients

2 potatoes

Task 2 : Bake

Scoop the mixture into the prepared muffin pan (I used a small cookie scoop), and press them down a bit. You should get about 20 tots. Bake for 10-15 minutes, or until golden brown.

1 small zucchini

¼ c corn meal

¼ c cheddar cheese

pinch salt

freshly ground black pepper

¼ tsp onion powder

1 egg Or egg substitute

