

# Zucchini and Cheese Tots

Makes 8 servings

## Ingredients

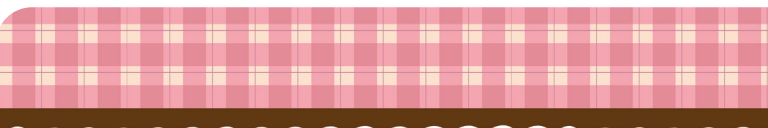
- Cooking spray or canola oil
- 1 tablespoon chia seeds
- 3 tablespoons water
- 2 medium zucchini (12-14 ounces)
- ½ cup shredded asiago cheese
- 1 ¼ cup gluten-free rice cereal, crushed
- 1 clove garlic, minced
- ½ teaspoon salt-free seasoning

## Directions

1. Preheat oven to 400 F. Line a large baking sheet with parchment paper and spray with non-stick cooking spray or brush with canola oil.
2. Place chia seeds and water in a small dish. Mix and let set for 5 minutes until it is a gel-like consistency.
3. Shred the zucchini. Using paper towels or a clean dish towel squeeze excess water out of the zucchini. In a large mixing bowl combine zucchini, cheese, cereal, garlic and seasoning. Add the chia seed mixture (from Step 2).
4. Using a tablespoon measure, form the tots. Place on baking sheet and bake for 20-22 minutes.



APPETIZER OR SNACK



## Directions (continued)

\*Option not included in nutrition facts.

Serve with some fun dips such as sour cream and chives, buffalo, ranch or one of your favorite salad dressings.\*

= low sodium    = gluten free

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## Nutrition Facts

Serving Size 3 tots (68g)  
Servings Per Container 8

Amount Per Serving

**Calories 60**    **Calories from Fat 25**

% Daily Value\*

**Total Fat 3g**    **5%**

**Saturated Fat 1.5g**    **8%**

**Trans Fat 0g**

**Cholesterol 5mg**    **2%**

**Sodium 110mg**    **5%**

**Total Carbohydrate 6g**    **2%**

**Dietary Fiber 1g**    **4%**

**Sugars 2g**

**Protein 3g**

**Vitamin A 6%**    **Vitamin C 15%**

**Calcium 8%**    **Iron 10%**

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: Egg  
Carb choices per serving: 1½