

Baked Zucchini Tots



Ingredients:

- 2 cups zucchini, shredded
- 2 large eggs
- 2/3 cups low-fat Italian cheese blend
- 1/4 cup whole grain crackers, crushed
- 1 1/2 teaspoons Italian seasoning
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- Cooking spray

Directions:

1. Preheat the oven to 400 F degrees.
2. Place the zucchini onto a paper towel, press out as much moisture as possible and discard the paper towels.
3. Place the zucchini in a large bowl.
4. Combine the eggs, cheese, crackers, seasoning, garlic, salt and pepper with the zucchini.
5. Spray a baking sheet with cooking spray.
6. Using a small ice cream scoop, form 12 zucchini balls and place the balls on a baking sheet.
7. Bake for 15 to 20 minutes, or until golden brown.
8. Allow to cool before serving.

Makes 6 servings



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