



BROCCOLI TOTS

SERVES: 4 (approx. 6 tots each) **Prep Time:** 20 min. **Cooking Time:** 31 min.

CONTAINER EQUIVALENTS (per serving): 1 ½ ½

	Hot water
4 cups	broccoli florets
2	large eggs
½ cup	shredded Cheddar cheese
½ cup	gluten-free panko bread crumbs
¼ cup	finely chopped onion (approx. ⅓ medium)
2 Tbsp.	finely chopped parsley
¾ tsp.	sea salt (or Himalayan salt)

SPECIAL EQUIPMENT:

Parchment paper

Cheesecloth

1. Preheat oven to 400° F.
2. Line baking sheet with parchment paper. Set aside.
3. Heat large saucepan of water to boiling over high heat.
4. While water is coming to a boil, place broccoli in food processor; process until it is rice-like consistency.
5. Add broccoli to boiling water; blanch for 30 seconds to 1 minute. Drain and rinse under cold water until cool. Place in cheesecloth (or clean kitchen towel); wring out excess water.
6. Place broccoli, eggs, cheese, bread crumbs, onion, parsley, and salt in food processor; pulse until well blended.
7. To make each tot, shape approximately 1 packed Tbsp. broccoli mixture into tot shape. Place on prepared pan.
8. Bake for 22 to 25 minutes, rotating pan after 12 minutes, or until crispy.

RECIPE NOTES:

- Enjoy these tots with FIXATE Ketchup. The FIXATE Ketchup recipe and nutritionals are available on Beachbody On Demand in our FIXATE cooking show videos.
- Store leftover tots in an airtight container in the refrigerator for up to 5 days.

NUTRITIONAL INFORMATION (per serving): **Calories:** 153 **Total Fat:** 7 g **Saturated Fat:** 4 g **Cholesterol:** 10 mg **Sodium:** 662 mg **Carbohydrates:** 13 g **Fiber:** 1 g **Sugars:** 1 g **Protein:** 9 g

Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.