 **Broccoli Tator Tots**

*Serves 5*

**Ingredients**

2 cups broccoli florets

1 shallot, chopped

2/3 cup shredded cheddar

½ cup panko

2 eggs, whisked

Salt and pepper to taste

**Directions**

1. Preheat oven to 400 degrees F.
2. Steam broccoli until slightly tender and chop into small pieces (or use your food processor).
3. Combine broccoli and rest of ingredients in a large bowl.
4. Take about 1 tbsp of mixture and form into a cylinder to resemble a tator tot. Place on prepared baking sheet.
5. Bake for about 20 minutes.

**Nutrition**

*160 cals, 10g carb, 10g protein, 9g fat*