



BROCCOLI "TATER TOTS"

This freezable big-batch recipe makes a simple healthy snack to pop in the oven on weekdays.

INGREDIENTS

YIELDS 30-40 TOTS

- 3 large russet potatoes, halved
- 2 (14 oz) bags frozen broccoli florets, thawed
- 1 tsp garlic powder
- 2 tsp salt, plus more for garnish

HEY, MAMA...

- Frozen vegetables are just as vitamin-rich as fresh, but cheaper for baking recipes!

INSTRUCTIONS

- 1** Cover potatoes with cold water in large pot; boil 20 mins until fork-tender but still fairly firm. Drain.
- 2** Preheat oven to 375 F + line a baking sheet with parchment. Once potatoes can be handled, remove skins by hand. Grate potatoes.
- 3** Blitz broccoli in food processor until very fine, in 2 batches if needed. Wrap in clean towel + squeeze all water out.
- 4** Combine all ingredients until very well mixed. Form small cylinders (about 1 tbsp) + place on baking sheet. Freeze 10 mins to firm.
- 5** Brush with olive oil + sprinkle with salt. Bake 30-40 minutes until crispy, flipping halfway though.

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