

## Baked Broccoli Tater Tots - Crispy, Cheesy, and Kid-Approved!

Broccoli Tater Tots ???



OVEN  
400°F

TIME  
2 min

PRINT  
Recipe Card

SAVE  
PDF

### INGREDIENTS

- 2 cups broccoli florets
- 1 small shallot, minced
- 2/3 cup shredded cheddar cheese
- 1/2 cup panko bread crumbs
- 2 eggs
- Salt and pepper, to taste

### DIRECTIONS

- 1.** Preheat and Prep: Preheat your oven to 400°F (200°C). Line a baking sheet with parchment paper or a silicone mat for easy cleanup.
- 2.** Steam and Chop the Broccoli: Steam broccoli florets for 2 minutes until just tender. Let cool, then finely chop. This ensures they mix in smoothly and bake evenly.
- 3.** Mix the Tater Tot Filling: In a large bowl, combine:
- 4.** Chopped broccoli
- 5.** Minced shallot
- 6.** Shredded cheddar
- 7.** Panko breadcrumbs
- 8.** Eggs
- 9.** Salt and pepper
- 10.** Mix until well combined.
- 11.** Shape the Tots: Scoop out spoonfuls of the mixture and shape into small log-shaped tots with your hands. Place them on your prepared baking sheet.
- 12.** Bake to Crispy Perfection: Bake for 20 minutes, or until golden brown and crispy on the outside. Flip halfway for even browning if desired.
- 13.** Serve and Enjoy: Serve warm with ketchup, ranch, or your favorite dip. These also make a great lunchbox addition or game-day snack!

### TIPS FOR SUCCESS

Chop broccoli finely: This helps the tots hold together and cook evenly.

Use fresh cheese: Shredding your own cheddar ensures better melt and binding.

Bake longer or broil for 1-2 minutes at the end.

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/baked-broccoli-tater-tots-crispy-cheesy-and-kid-approved/>