

## Crispy Yellow Squash Tots with Garlicky Yogurt Dip: Healthy Snack

Get ready to revolutionize your snacking game with these incredible



**OVEN**  
**400°F**

**TIME**  
**10-15 min**

**METHOD**  
**Air fryer**

**PRINT**  
**Recipe Card**

### INGREDIENTS

3 small yellow squashes or zucchini

1 egg

4 oz grated cheddar cheese

3/4 cup breadcrumbs

1/2 medium onion, finely chopped

1/2 teaspoon garlic powder

1/2 teaspoon salt

Ground black pepper, to taste

Optional: 2 tablespoons minced parsley leaves

1/3 cup unsweetened Greek yogurt

2 teaspoons lemon juice

1 teaspoon finely minced parsley or dill

1/4 teaspoon garlic powder

1/4 teaspoon salt

1/4 teaspoon pepper

Swaps and Notes:

**Squash/Zucchini:** You can use all yellow squash, all zucchini, or a mix. Ensure they are small to medium for the best texture.

**Cheddar Cheese:** Any good melting cheese like Monterey Jack, Colby Jack, or even a dairy-free shredded cheese would work.

**Breadcrumbs:** Panko breadcrumbs will give you an extra crispy texture. For a gluten-free option, use gluten-free breadcrumbs.

**Onion:** Finely chopping the onion is important so it blends smoothly into the tots.

Herbs (Tots): Fresh minced parsley adds a nice touch, but it's optional. You could also try a touch of dried dill or chives.

Greek Yogurt: Plain, unsweetened Greek yogurt is crucial for the dip. Don't use flavored yogurt! Sour cream or even a blend of sour cream and mayo could work for the dip, though the flavor profile would change.

Herbs (Dip): Fresh parsley or dill are fantastic. Chives would also be a great choice.

## DIRECTIONS

1. Let's get these crispy, savory tots and their delightful dip ready!
2. Prepare : Oven & Baking Sheet: Preheat your oven to 400°F (200°C). Line a large baking sheet with parchment paper. This is key for easy cleanup and ensures the tots crisp up nicely without sticking.
3. Grate and : Drain Squash: Grate the yellow squash or zucchini using the large holes of a box grater. Place the grated squash in a colander and toss it with 1/2 teaspoon of salt. Let it sit for about 10-15 minutes. This step is super important as the salt helps draw out excess moisture from the squash, which is vital for crispy tots!
4. Squeeze : Out Moisture: After 10-15 minutes, gather the grated squash in a clean kitchen towel or several layers of paper towels. Give it a really good, firm squeeze to eliminate as much extra liquid as possible. The drier the squash, the crispier your tots will be!
5. Combine : Tot Ingredients: In a large mixing bowl, combine the squeezed squash, the egg, grated cheddar cheese, breadcrumbs, finely chopped onion, garlic powder, salt, black pepper, and the optional minced parsley. Mix everything together until all the ingredients are well incorporated and you have a cohesive mixture.
6. Shape the : Tots: Take small portions of the mixture (about 1 tablespoon each) and shape them into small, bite-sized tot shapes. You can make them cylindrical or slightly flattened oval shapes, similar to classic tater tots. Lay them out evenly on your prepared baking sheet, leaving a little space between each tot.

7. Bake the : Tots: Pop those beautiful tots into the preheated oven and bake at 400°F (200°C) for about 25 minutes, or until they are beautifully golden brown and crispy on the outside. For an even crispier finish, you can flip them halfway through the baking time.
8. Whip : Up the Dip: While the tots are baking, prepare your garlicky yogurt dip! Simply combine the unsweetened Greek yogurt, lemon juice, finely minced parsley or dill, garlic powder, salt, and pepper in a small bowl. Whisk everything together until the dip is smooth and creamy.
9. Serve: Once the tots are done baking, remove them from the oven. Let them cool for just a couple of minutes before serving them warm alongside the irresistible garlicky yogurt dip. Watch them disappear - they're that good!

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Ensure they are small to medium for the best texture.

Cheddar Cheese: Any good melting cheese like Monterey Jack, Colby Jack, or even a dairy-free shredded cheese would work.

Breadcrumbs: Panko breadcrumbs will give you an extra crispy texture.

## TIPS FOR SUCCESS

The more moisture you remove, the crispier your tots will be.

Don't Overcrowd: Give your tots space on the baking sheet.

If they're too close together, they'll steam instead of crisping.

Finely Chop Onion: Larger pieces of onion might make the tots fall apart.

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

Original recipe: <https://chefmaniac.com/crispy-yellow-squash-tots-with-garlicky-yogurt-dip-healthy-snack/>