

Homemade Veggie Tots: Crispy, Healthy & Fun Snack for Kids & Adults

Homemade Veggie Tots: Your New Favorite Crispy, Healthy Snack!



OVEN
400°F

TIME
20 to 25 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

- 2 medium carrots (peeled and trimmed)
- 2 cups baby spinach (loosely packed)
- 1 cup frozen peas (no need to thaw; can also use fresh)
- 2 large eggs
- 1 cup Panko breadcrumbs
- $\frac{1}{2}$ teaspoon salt (optional; reduce or omit as needed, especially if your Panko is seasoned)
- $\frac{1}{2}$ teaspoon garlic powder
- $\frac{1}{2}$ teaspoon dried parsley
- $\frac{1}{2}$ teaspoon onion powder

Swaps and Notes:

Veggies: Feel free to experiment with other finely chopped vegetables like corn, finely diced broccoli florets, or even a small amount of grated zucchini (squeeze out excess moisture).

Panko Breadcrumbs: Panko provides a superior crispness due to its flaky texture, but regular fine breadcrumbs can be used as a substitute.

Salt: Adjust the amount of salt based on your dietary needs and preference. If your Panko or any other ingredients are pre-salted, reduce or omit.

Seasoning: The garlic powder, dried parsley, and onion powder create a classic savory profile. You can add a pinch of smoked paprika or a tiny bit of black pepper for more depth.

Eggs: The eggs act as a binder, helping the tots hold their shape.

Directions:

Preheat Oven & Prep Pan: Start by preheating your oven to 400°F (204°C). Line a baking sheet with parchment paper or a silicone mat to prevent sticking, and set it aside.

Finely Chop Veggies (Food Processor): In a food processor fitted with an S blade, toss in the peeled and trimmed carrots and the baby spinach. Pulse until they are finely chopped.

Combine All Ingredients: Next, add in the frozen peas, eggs, Panko breadcrumbs, salt (if using), garlic powder, dried parsley, and onion powder to the food processor. Pulse a few times until everything comes together into a cohesive, chunky mixture. You want it chunky, not a smooth puree - the peas should still have some texture. If the mixture feels a bit too wet to hold its shape (test a small amount in your hand), sprinkle in another tablespoon or so of breadcrumbs and pulse again briefly.

Shape the Tots: Scoop out a heaping tablespoon of the mixture for each tot. Shape it into cute little oval tots using your hands. Press firmly enough so they hold together. Place each one on the lined baking sheet, ensuring they are evenly spaced out (aim for about 20 tots).

Bake: Bake those beauties for 20 to 25 minutes, flipping them halfway through (around the 10-12 minute mark) to ensure they're lightly browned and crispy on all sides. Serve warm with your favorite dipping sauce.

Storage and Reheating Tips:

Refrigerate Leftovers: If you want to save some for later, let them cool completely, then store them in an airtight container in the refrigerator for up to 3-4 days.

To Reheat: For best crispiness, reheat in a preheated oven (375°F/190°C) or an air fryer (350°F/175°C) for 5-10 minutes, or until heated through and crispy again. Microwaving is not recommended as it will make them soggy.

Freezing (Unbaked): You can also freeze shaped but unbaked tots! Place them on a baking sheet and freeze until solid, then transfer to a freezer-safe bag. Bake from frozen, adding 5-10 minutes to the baking time.

Tips for Success:

Don't Puree: The goal is a chunky texture, not a paste. Pulse the food processor, don't run it continuously.

Adjust Moisture: If your veggies release a lot of water (especially if using fresh spinach that wasn't well-dried), you might need that extra tablespoon of Panko to ensure the tots hold their shape.

Uniform Shaping: Try to make your tots similar in size for even baking.

Single Layer: Always bake in a single layer on the baking sheet for maximum crispiness.

Flip for Evenness: Flipping halfway through ensures both sides get beautifully golden and crisp.

Serving Suggestions and Pairings:

More Recipes You Will Love:

For an effortless way to impress guests with a cheesy appetizer, check out my [This Baked Brie Appetizer Is My Favorite Effortless Way to Impress Guests](#).

If you love hot, gooey cheese, my [This Crockpot Nacho Dip Is the Reason I Never Have Leftovers](#) is a must-make.

DIRECTIONS

1. Making these : [Homemade Veggie Tots](#) is straightforward, mostly involving chopping, mixing, and baking!
2. Preheat : Oven & Prep Pan: Start by preheating your oven to 400°F (204°C). Line a baking sheet with parchment paper or a silicone mat to prevent sticking, and set it aside.
3. Finely : Chop Veggies (Food Processor): In a food processor fitted with an S blade, toss in the peeled and trimmed carrots and the baby spinach. Pulse until they are finely chopped.
4. Combine : All Ingredients: Next, add in the frozen peas, eggs, Panko breadcrumbs, salt (if using), garlic powder, dried parsley, and onion powder to the food processor. Pulse a few times until everything comes together into a cohesive, chunky mixture. You want it chunky, not a smooth puree - the peas should still have some texture. If the mixture feels a bit too wet to hold its shape (test a small amount in your hand), sprinkle in another tablespoon or so of breadcrumbs and pulse again briefly.
5. Shape the : Tots: Scoop out a heaping tablespoon of the mixture for each tot. Shape it into cute little oval tots using your hands. Press firmly enough so they hold together. Place each one on the lined baking sheet, ensuring they are evenly spaced out (aim for about 20 tots).
6. Bake: Bake those beauties for 20 to 25 minutes, flipping them halfway through (around the 10-12 minute mark) to ensure they're lightly browned and crispy on all sides. Serve warm with your favorite dipping sauce.

7. **Storage and Reheating Tips:: Refrigerate Leftovers:** If you want to save some for later, let them cool completely, then store them in an airtight container in the refrigerator for up to 3-4 days.
8. **To Reheat:** For best crispiness, reheat in a preheated oven (375°F/190°C) or an air fryer (350°F/175°C) for 5-10 minutes, or until heated through and crispy again. Microwaving is not recommended as it will make them soggy.
9. **Freezing (Unbaked):** You can also freeze shaped but unbaked tots! Place them on a baking sheet and freeze until solid, then transfer to a freezer-safe bag. Bake from frozen, adding 5-10 minutes to the baking time.
10. **Tips for Success: Don't Puree:** The goal is a chunky texture, not a paste. Pulse the food processor, don't run it continuously.
11. **Adjust : Moisture:** If your veggies release a lot of water (especially if using fresh spinach that wasn't well-dried), you might need that extra tablespoon of Panko to ensure the tots hold their shape.
12. **Uniform : Shaping:** Try to make your tots similar in size for even baking.
13. **Single : Layer:** Always bake in a single layer on the baking sheet for maximum crispiness.
14. **Flip for : Evenness:** Flipping halfway through ensures both sides get beautifully golden and crisp.
15. **Serving Suggestions and Pairings:** These Homemade Veggie Tots are incredibly versatile! They make a fantastic healthy snack on their own, a fun and flavorful side dish for burgers, grilled chicken, or fish, or a playful addition to a kids' meal. Serve them warm with your favorite dipping sauce: ketchup, ranch dressing, sriracha mayo, or even a creamy avocado dip. For other easy veggie-packed sides, you might enjoy my [This Tomato Skillet with Okra and Sausage Is My Favorite Quick Dinner Packed with Southern Flavor](#) (you can omit the sausage for a veggie-focused dish!).
16. **More Recipes You Will Love:** If you loved the wholesome and creative twist of these Veggie Tots, here are a few more fantastic savory and easy-to-make recipes that I think you'll absolutely love:
17. For an effortless way to impress guests with a cheesy appetizer, check out my [This Baked Brie Appetizer Is My Favorite Effortless Way to Impress Guests](#).
18. If you love hot, gooey cheese, my [This Crockpot Nacho Dip Is the Reason I Never Have Leftovers](#) is a must-make.
19. For a fun, customizable, and no-fuss meal perfect for entertaining, my [This Walking Taco Bar Is My Favorite No-Fuss Way to Feed a Crowd](#) is a fantastic choice.
20. And for an incredibly cheesy and easy-to-make casual meal, my [Easy Cheesy Chicken Sliders with Marinara Garlic Butter](#) are always a hit!
21. **Final Thoughts:** These Homemade Veggie Tots are a true game-changer for healthy snacking and effortless side dishes. They're crispy, flavorful, and a fantastic way to enjoy more vegetables in a fun, appealing format. Give them a try, and get ready for some happy munching!

22. What's your go-to hidden veggie recipe for picky eaters (or just for yourself!)? Share your ideas and feedback in the comments below, and don't forget to leave a rating or review by clicking the stars above or drop a comment at the end of the post. Happy munching!

SWAPS & NOTES

Veggies: Feel free to experiment with other finely chopped vegetables like corn, finely diced broccoli florets, or even a small amount of grated zucchini (squeeze out excess moisture).

Panko Breadcrumbs: Panko provides a superior crispness due to its flaky texture, but regular fine breadcrumbs can be used as a substitute.

Salt: Adjust the amount of salt based on your dietary needs and preference.

If your Panko or any other ingredients are pre-salted, reduce or omit.

TIPS FOR SUCCESS

Don't Puree: The goal is a chunky texture, not a paste.

Pulse the food processor, don't run it continuously.

Adjust Moisture: If your veggies release a lot of water (especially if using fresh spinach that wasn't well-dried), you might need that extra tablespoon of Panko to ensure the tots hold their shape.

Uniform Shaping: Try to make your tots similar in size for even baking.

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

Original recipe: <https://chefmaniac.com/homemade-veggie-tots-crispy-healthy-fun-snack-for-kids-adults/>