

Baked Sweet Potato Zucchini Tots - Crispy, Healthy & Totally Snackable

Baked Sweet Potato Zucchini Tots - Your New Favorite Healthy Snack



OVEN
400°F

TIME
25 min

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INGREDIENTS

- 1 cup grated zucchini (about 1 small zucchini)
- 1 cup grated raw sweet potato (peeled)
- 1/4 cup finely chopped onion or green onion
- 1/3 cup breadcrumbs (panko or regular)
- 1/4 cup grated Parmesan cheese
- 1 large egg
- 1/2 tsp garlic powder
- 1/4 tsp black pepper
- Salt to taste
- Olive oil spray or light drizzle of olive oil

DIRECTIONS

1. Prep Your Veggies: Grate the zucchini and place it in a clean towel or paper towels.
2. Squeeze out as much moisture as possible-this keeps the tots crisp, not soggy.
3. Grate the sweet potato and give it a quick squeeze if it feels watery.
4. Mix the Base: In a mixing bowl, combine zucchini, sweet potato, onion, breadcrumbs, Parmesan, egg, garlic powder, salt, and pepper.
5. Stir until the mixture holds together when squeezed-add more breadcrumbs if it's too wet.
6. Form the Tots: Scoop about 1 tablespoon of mixture and roll into small oval "tot" shapes.
7. Place them on a parchment-lined baking sheet, spaced slightly apart.
8. Bake to Golden Perfection: Preheat oven to 400°F (200°C).
9. Lightly spray or drizzle the tots with olive oil.
10. Bake for 20-25 minutes, flipping halfway for even browning.
11. Serve Hot!: Let cool for 1-2 minutes before serving.
12. Pair with your favorite dip-ketchup, ranch, or spicy yogurt are all winners.

SWAPS & NOTES

& Swaps Breadcrumbs : Use gluten-free breadcrumbs if needed.

Cheese : Parmesan adds salt and depth-feel free to sub with cheddar for a gooier result.

Onion : Green onion adds a pop of freshness, but red or white onion works too.

Try a flax egg to bind the mixture if needed.

TIPS FOR SUCCESS

Dry veggies are key -take the time to squeeze out moisture for the crispiest results.

Make ahead : Form and freeze uncooked tots, then bake straight from frozen (add a few extra minutes).

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

Original recipe: <https://chefmaniac.com/baked-sweet-potato-zucchini-tots-crispy-healthy-totally-snackable/>