

Zucchini Tots



Makes 12 mini muffins

Ingredients:

- 1 cup zucchini, grated
- 1 egg
- ¼ onion, diced
- ¼ cup shredded cheese (cheddar or Parmesan work best)
- ¼ cup bread crumbs
- Salt and pepper to taste

Directions:

1. Preheat oven to 400 degrees F. Spray a mini-muffin tin with non-stick spray, and set aside.
2. Grate the zucchini and then place in a dish towel to squeeze out the excess water. (this is to help keep the tots from being soggy).
3. In a bowl combine the egg, onion, cheese, bread crumbs, zucchini, salt and pepper.
4. Using a spoon or a cookie scoop, fill the muffin cups to the top. Bake for 15 to 18 minutes, or until the top is browned and set.

If you have a picky eater in your household, it can sometimes be difficult to find something to cook for them. The following are a few tips that can help picky eaters when trying something new.

1. Start small. If someone does not like the texture of a certain food, let's say mushrooms, chop them up really small and add them to the sauce. This allows for the sauce to take on the flavor of the food, but the picky eater will probably not notice it. Pureeing the food and adding into sauces also works.
2. Try it in a new way. A lot of times a food can taste completely different depending on how it was prepared or if it was fresh vs. canned. I grew up hating green beans, until I tried fresh green beans as an adult, and now I love them.
3. Have them help prepare the food. This allows them to help give control over the taste, texture, and portion size. They will be more likely to try it!

4. Experiment with seasonings. When trying a new food, it's important to know what seasonings will pair good with it or what can help bring out the full flavor of the food, to keep it from being bland.
5. Give it a second chance. Someone may not like a food the first time they try it, but trying it again, perhaps with paired with something else or prepared differently can help. Also, keep in mind that research shows that it can take up to 10 times for children to try a new food before they may like it.

Sometimes all it takes is transforming a food that can make a world of difference. In this recipe, the zucchini taste and texture is transformed, making them taste more like tater tots. They're delicious served with ketchup!