



Spaghetti Squash Tater Tots

Adapted from: kirbiecravings.com

A healthier alternative to tater tots and a great way to get an extra dose of vegetables into your diet, these tots are baked and filled with spaghetti squash and cheese. This recipe makes about 25 tots.

Ingredients:

- 1 and 1/2 cups packed cooked spaghetti squash (see note)
- 1 cup panko breadcrumbs (see note)
- 1/2 cup shredded parmesan cheese
- 1 large egg
- seasoning to taste

Directions:

1. Roughly chop spaghetti squash into small pieces so that it resembles shredded squash. In a large bowl, add all ingredients. Mix with a spoon until everything is thoroughly combined and all the of the mixture is moistened.
2. Preheat oven to 400°F. Lightly oil a large baking sheet, or line baking sheet with parchment paper.
3. Scoop 1 tablespoon of squash batter and squeeze tightly between the palm of your hand a few times. This should release some liquid which will further moisten your mixture as well as allowing the mixture to compact and stick together easily. Gently shape to resemble a cylinder. Place onto a baking sheet and repeat with remaining mixture. Space tots about 1/2 inch apart, about 25 tots in all.
4. Bake for about 18-20 minutes until bottoms are golden brown and crispy. Flip over and bake for another 3-5 minutes. Serve warm with dipping sauce of your choice.

Notes:

- You may substitute regular breadcrumbs for panko, but use less (~3/4 cup). Panko is a Japanese style breadcrumb made from crustless bread that is coarsely ground into airy, large flakes that give foods a light, crunchy coating. The flakes tend to stay crispier longer than standard breadcrumbs.
- If you're unfamiliar with cooking spaghetti squash, you may oven roast it in 4 easy steps:
 - a. Cut squash in half length-wise and scoop out seeds;
 - b. Rub cut surfaces with oil and lightly season with salt/pepper;
 - c. Place cut side down on a baking sheet and roast ~ 45 minutes at 400 degrees F.
 - d. Flip cut side up to cool. Use a fork to gently rake up the "noodles". Discard rind.

Nutrition (5 Tots): calories 145; total fat 4g; sodium 316g; carbs 20g; fiber 2g; sugars 3g; protein 7.5g