

ONE BITE

VEGAN MAGAZINE

HOW TO MAKE
Vegan
Sushi

Superfood Infused
Coconut
and Cacao
Donuts

MUST TRY
Bliss Ball
- 4 WAYS!

22
FUN-SIZED
FLAVOR-FILLED
PLANT BASED
RECIPES

Kid Approved!
Zucchini
Tater Tots

Party Perfect Spinach Cheese
Pizza Rolls

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Baked *Zucchini Tater Tots*

By: Rosa Tamm



These kid approved, baked zucchini tater tots have a hidden ingredient. But I promise your little ones will never notice! Not only did I add some zucchini for additional vitamins and nutrients, but these tater tots are baked, making them a perfectly healthy choice.

Have you heard of [baby led weaning](#) (BLW)? Essentially, it is the practice of skipping purees and ditching the spoon feeding for your baby

when introducing food. Instead, it's diving right in to offering finger foods and table foods when baby is 6 months old. Well, after having the pleasure of an extremely picky toddler, and hearing about the benefits of baby led weaning, my husband and I decided to give this a chance for our second born. Hence, baby led weaning. So you may notice around my blog that I make quite a few recipes lately to accommodate little hands.



I'm very big on homemade is best!

Delicious and nutritious tater tots are fun and healthy homemade food! Kids love dipping and these tater tots do not disappoint in that department. Plus with all that dipping it improves fine motor skills at the same time. In the interest of healthy eating, I wanted to add a more nutritional component to this recipe. Add fresh zucchini and viola! Baked zucchini tater tots, for the win!

After shredding the veggies and forming each into a tater tot, brush them with a little olive oil before baking. This will give them a little added crispiness on the outside!

Serve them with your favourite dipping sauce, (I like [Cayenne Spicy Dip](#)) or keep it simple and stick with good ol' ketchup. Either way, these delicious bites will not disappoint!

Baked Zucchini Tater Tots

Yield: 28 tater tots (Serves 4 people)

INGREDIENTS:

- 3 small yellow potatoes, peeled
- 2 small zucchini, grated
- 1/2 tsp garlic powder
- 1 tsp paprika
- 1/2 tsp salt
- 1 tbs nutritional yeast (optional)
- 1/4 tsp cayenne pepper (optional)
- 1-2 tsp olive oil, for brushing

INSTRUCTIONS:

1. Cover potatoes with water in a medium sauce pan and bring to a boil. Cook for 10 minutes, until they are soft enough to grate, but not overcooked or they will fall apart. Drain and return to pot. Set aside until cool enough to handle.
2. Preheat the oven to 450 degrees F convection bake and line a large baking tray with parchment paper.
3. Place grated zucchini on paper towels and squeeze as much of the moisture out as possible. Then add the zucchini in a large mixing bowl.
4. Grate the potatoes into the same bowl as the zucchini. Add all the seasonings (except olive oil) and mix well to combine.



5. Using your hands, squeeze the mixture into cylinder shapes, using approx. 1 tablespoon of batter for each tater tot. Place your taters on the prepared baking sheet and repeat with remaining mixture.

6. Using a silicone brush, brush a small amount of olive oil over each tater tot.

7. Bake for 15 minutes, then carefully flip each

tater tot and bake for an additional 5-10 minutes until desired crispiness is achieved.

8. Serve with [cayenne spicy dip](#) or ketchup.

Recipe Note:

If you do not have a convection bake oven, you will need to increase cooking time to achieve desired level of crispiness.



ABOUT THE AUTHOR

Ciao! I'm Rosa Tamm.

Growing up in an Italian household exposed me to homemade cooking from a very young age. Cooking has always been a pleasure of mine, and I love nothing more than to make wholesome, delicious meals, that are made from scratch. I'm a mom of 2 boys, and always looking to create something new and exciting for family meals, while maintaining a healthy and balanced diet. I love to experiment with different types of cuisines and create new recipes. For more recipes and inspiration, please visit me at thishealthykitchen.com

