



Preparation Time: 25 minutes
Cook Time: 15 minutes

INGREDIENTS:

1 tablespoon flaxseed meal

1 head broccoli with stem + 1 more broccoli stem (12 oz.)

1 8-oz. russet potato, scrubbed

1 tablespoon nutritional yeast

¼ teaspoon sea salt

Ketchup or other dip such as Creamy Cilantro-Garlic Dressing

Potato and Broccoli Tots

If you're buying fresh broccoli heads and throwing away the stalks, you're leaving a lot of money on the table. Get more bang for your broccoli buck by transforming those stalks into delicious green tots! These tasty broccoli tots from low-waste-cooking queen [Carleigh Bodrug](#) make a fun appetizer or kid-friendly snack served with salsa, ketchup, or [Creamy Cilantro-Garlic Dressing](#). And they're so simple: Grate broccoli stalk and potato, then combine with soaked ground flaxseed, chopped broccoli florets, and nutritional yeast. Don't buy broccoli crowns for this recipe: You want a head with a whole stalk, plus an extra stalk.

Tips

To bake instead of air-fry: Preheat oven to 400°F. Bake on a prepared baking sheet for 25 minutes or until crispy, turning tots halfway through.

For more inspiration, check out these tasty ideas:

- [The Best Broccoli Slaw](#)
- [Cheesy Vegan Stuffed Spinach Bites](#)
- [Cream of Broccoli Soup](#)
- [Crispy Buffalo Cauliflower Bites](#)

By Carleigh Bodrug

- 1 Preheat air fryer to 400°F. Line a baking sheet with parchment paper or a silicone baking mat. In a small bowl stir together flaxseed meal and 2½ tablespoons water. Let stand 5 minutes.
- 2 Using a paring knife or potato peeler, peel the woody skin off the broccoli stems. Using the medium holes on a box grater, coarsely shred broccoli stems and potato into a large bowl. Finely chop broccoli florets and add to bowl. Add flaxseed mixture, nutritional yeast, and salt; mix well. Using wet hands, form rounded tablespoons of the mixture into short cylinders. Place tots on the prepared baking sheet.
- 3 Working in batches, arrange tots in air-fryer basket in a single layer without touching one another. Air-fry 10 minutes. Turn tots over; air-fry 8 minutes more or until browned and crisp. Serve immediately with ketchup or your dip of choice.