

Eat Happy Kitchen

Anna Vocino

# **BROCCOLI RANCH TOTS WITH PINK RANCH DIP**

## **BROCCOLI RANCH TOTS**

*(Yields 24-26 tots)*

- 1 (12-14 ounce) bag pre-grated cauliflower “rice,” or 1 head of cauliflower, grated on a box grater
- 1 crown broccoli
- 2 tablespoons minced sweet onion
- 1/4 cup almond flour
- 1/2 cup grated mozzarella or Monterey Jack cheese, minced
- 3 teaspoons The Dill Ranch Seasoning
- 1 egg
- Pink Ranch Dip (see recipe below)

Trim and discard the corner of the bag of pre-grated cauliflower “rice” and microwave on high for 3-4 minutes, until cauliflower is cooked through, hot, and steaming. Carefully pour out of the bag onto clean kitchen towel, then roll up and press the excess water out of the cauliflower. Meanwhile, steam the broccoli florets for 8 minutes (or also microwave for 4 minutes), let cool (or plunge into an ice bath to quick-cool), and then mince the broccoli flowers, about two cups, pressing broccoli dry as well.

Pour the cooled, pressed cauliflower and minced broccoli into a large mixing bowl. Add the minced sweet onion, cheese, Dill Ranch Seasoning, and egg and fold together to mix well.

*Air Fryer Instructions:*

Preheat air fryer. Form mixture into tots, then place the tots in the air fryer, evenly spaced. Cook at 400 for 12 minutes. Remove the tots from the air fryer and serve with Pink Ranch Dip.

*Oven instructions:*

Preheat oven to 400 degrees. Form mixture into tots and lay on a parchment lined baking sheet. Bake in oven for 15 minutes, then gently flip the tots, and continue baking for 15 more minutes until the tots are crispy and golden brown. Serve immediately with Pink Ranch Dip.

## **PINK RANCH DIP**

*(Yields 3/4 cup)*

- 1/2 cup full fat sour cream or crème fraîche
- 1 tablespoon tomato paste
- 1 tablespoon heavy cream
- 1 tablespoon water
- 2 teaspoons The Dill Ranch Seasoning
- 1 teaspoon lemon juice

Whisk all ingredients together into a dip.