



February 29 – Tasty Tots

Not Smart Snack

Link: <https://www.whatscooking.fns.usda.gov/recipes/child-nutrition-cnp/tasty-tots>

Recipe

Ingredients:

- 5 cups fresh sweet potatoes, shredded
- 2 1/3 cup canned low-sodium garbanzo beans
- 1/2 cup fresh green onions
- 2 Tablespoons vegetable oil
- 1/2 teaspoon salt
- 1/2 teaspoon granulated garlic
- 1/4 teaspoon ground black pepper
- 1/2 teaspoon onion powder
- 1/2 teaspoon ground cinnamon

Directions:

1. Preheat oven to 350°F.
2. Place shredded potatoes on large baking pan sprayed with a nonstick cooking spray. Bake at 350 for 20 minutes or until slightly tender.
3. Increase oven temperature to 400 degrees F.
4. In a food processor, puree garbanzo beans, including the liquid, until smooth.
5. In a medium mixing bowl, combine shredded sweet potatoes, pureed garbanzo beans, green onions, vegetable oil, salt, garlic, pepper, onion powder, and cinnamon. Mix well.
6. Cover and refrigerate for 40-45 minutes to make tots easier to form. Spray a large baking sheet with non-stick cooking spray. Using a cookie scoop or spoon, roll 36 tots. Place 1 inch apart on baking sheet. Lightly flatten the tops of the tots with a spoon or a fork. Bake at 400°F.

Yields 4 servings

Nutrition Facts

Serving Size 4 tots (223.06g)
Servings Per Container 4

Amount Per Serving

Calories 230 **Calories from Fat** 60

% Daily Value*

Total Fat 6g **10%**

Saturated Fat 1g **4%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 510mg **21%**

Total Carbohydrate 37g **12%**

Dietary Fiber 8g **31%**

Sugars 10g

Protein 7g **13%**

Vitamin A 310% • Vitamin C 6%

Calcium 8% • Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet.