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
½ cup fresh green onions
2 Tablespoons vegetable oil
½ teaspoon salt
½ teaspoon granulated garlic
¼ teaspoon ground black pepper
½ teaspoon onion powder
½ 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 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