



Tasty Tots

Ingredients:

Tasty Tots

5 cups fresh sweet potatoes, peeled, coarsely shredded
2 1/3 cups canned, unsalted garbanzo beans (chickpeas), with liquid
1/2 cup fresh green onions, finely chopped
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

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Directions:

1. Wash hands with warm soap and water. Wash fresh vegetables before preparing.
2. Preheat oven to 350°F.
3. Place shredded potatoes on a large baking pan sprayed with nonstick cooking spray. Bake 350°F for 20 minutes or until slightly tender. Do not overcook.
4. Increase oven temperature to 400°F.
5. In a food processor or blender, puree garbanzo beans, including the liquid until smooth.
6. In a medium bowl, combine shredded sweet potatoes, pureed garbanzo beans, green onions, vegetable oil, salt, garlic, pepper, onion powder, and cinnamon. Mix well. Cover and refrigerate for 40-45 minutes to make tots easier to form.
7. Spray a large baking sheet with nonstick 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 for 10-12 minutes or until lightly brown. Serve hot.

Nutrition Facts (Per Serving)

Calories, 160; Carbohydrate, 21g; Protein, 7g; Total Fat, 5g; Saturated Fat, 0 g; Trans Fat, 0g; Cholesterol, 0; Fiber, 5g; Total Sugars, 1m; Sodium, 220mg; Calcium, 60mg; Folate, 20mcg; iron, 2mg; Percent Calories from Fat, 30 %.

Makes 36 tots, servings size 6 tots each.

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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