

Tasty Tots

A healthy, kid-friendly alternative to traditional 'fried' potatoes, Tasty Tots are made with sweet potatoes and garbanzo beans (chickpeas).

Makes: 6 servings

Ingredients

- 5 cups fresh sweet potatoes, peeled, coarsely shredded
- 1 can low-sodium garbanzo beans, with liquid
- ½ cup fresh green onions, finely chopped
- 2 tablespoons 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 a large lightly greased baking pan. Bake for 20 minutes or until slightly tender. Remove from oven.
3. Increase oven temperature to 400°F.
4. In a food processor or blender, purée garbanzo beans, including the liquid, until smooth.

5. In a medium mixing bowl, combine shredded sweet potatoes, puréed garbanzo beans, green onions, oil, salt, garlic, black pepper, onion powder, and cinnamon. Mix well. Cover and refrigerate for 40-45 minutes to make tots easier to form.
6. Lightly grease a clean baking sheet. Using a cookie scoop or a 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 for 10-12 minutes or until lightly brown. Serve hot.

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