



Dark Green and Orange Vegetables

Tasty Tots

Ingredients

- 5 cups** Fresh sweet potatoes, peeled, coarsely shredded
- 2 ½ cups** Canned low-sodium garbanzo beans (chickpeas), with liquid
- ½ cup** Fresh green onions, finely chopped
- 2 Tbsp** Vegetable oil
- ½ tsp** Salt
- ½ tsp** Granulated garlic
- ¼ tsp** Ground black pepper
- ½ tsp** Onion powder
- ½ tsp** Ground cinnamon

Preparation Time: 30 minutes

Cooking Time: 35 minutes

Makes 36 Tots (serving size: 6 tots)

Directions

1. Preheat oven to 350 °F.
2. Place shredded potatoes on a large baking pan sprayed with a nonstick cooking spray. Bake at 350 °F for 20 minutes or until slightly tender. Do not overcook.
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, vegetable oil, salt, garlic, pepper, onion powder, and cinnamon. Mix well. Cover and refrigerate for 40-45 minutes to make tots easier to form.
6. Spray a large baking sheet with nonstick cooking spray. 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 at 400 °F for 10-12 minutes or until lightly brown. Serve hot.

6 tots provide ¾ cup vegetable.*

*The legumes in this recipe contribute to the *vegetable component* and not the *meat/meat alternate component* since the beans are not visibly recognizable as legumes in the Tasty Tots recipe. This vegetable side dish with legumes is limited to the *vegetable component* because of its function as a vegetable in the meal.

Improving the nutrient content of the foods children eat by disguising nutrient-rich vegetables and fruits in the food is a great idea for people of all ages. However, it is not a menu planning principle that teaches and encourages children to recognize and choose a variety of healthy fruits and vegetables.

Nutrients Per Serving: Calories **172**, Protein **4 g**, Carbohydrate **28 g**, Dietary Fiber **5 g**, Total Fat **5 g**, Saturated Fat **0 g**, Cholesterol **0 mg**, Vitamin A **12609 IU (630 RAE)**, Vitamin C **13 mg**, Iron **1 mg**, Calcium **46 mg**, Sodium **377 mg**