



United States Department of Agriculture
What's Cooking? USDA Mixing Bowl

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Tasty Tots

Makes: 50 or 100 Servings

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



Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
*Fresh sweet potatoes, peeled, coarsely shredded	12 lb	2 gal 2 qt	24 lb	5 gal
Canned low-sodium garbanzo beans (chickpeas), with liquid	6 lb 14 oz	1 gal 3 cups (1 No. 10 can)	13 lb 12 oz	2 gal 1 1/2 qt (2 No. 10 cans)
Vegetable oil		1 cup		2 cups
Salt		1 Tbsp 1 tsp		2 Tbsp 2 tsp
Granulated garlic		1 Tbsp 1 tsp		2 Tbsp 2 tsp
*Fresh green onions, finely diced	6 oz	1 3/4 cups	12 oz	3 1/2 cups
Ground black pepper		2 tsp		1 Tbsp 1 tsp
Onion powder		1 Tbsp 1 tsp		2 Tbsp 2 tsp
Ground cinnamon		1 Tbsp 1 tsp		2 Tbsp 2 tsp
Enriched all-purpose flour	2 1/2 oz	1/2 cup	5 oz	1 cup

Directions

1. Spread shredded sweet potatoes evenly on a sheet pan (18" x 26" x 1") lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans. Bake sweet potatoes until slightly tender: Conventional oven: 350 °F for 20 minutes; Convection oven 350 °F for 15 minutes.
2. Puree garbanzo beans, including the liquid, in a food processor to a smooth consistency. Yields: For 50 servings, about 3 qt 2 1/2 cups (6 lb 12 oz). For 100 servings, about 7 qt 1 cup (13 lb 8 oz).
3. Combine sweet potatoes, pureed garbanzo beans, oil, salt, garlic, onions, pepper, onion powder, cinnamon, and flour. Mix well. Refrigerate at 40 °F for 40-50 minutes to make tots easier to form.
4. Using a No. 40 scoop, place mixture 1-inch apart on sheet pan (18" x 26" x 1") lined with parchment paper and lightly coated with pan release spray. For 50 servings, use 4 pans. Make 300 tots. For 100 servings, use 8 pans. Make 600 tots.
5. Cover tots on sheet pan with layer of parchment paper then use a second sheet pan and lightly press to flatten tots.
6. Bake until light brown: Conventional oven: 400 °F for 12 minutes Convection oven: 400 °F for 9 minutes. Critical Control Point: Heat to 135 °F or higher for at least 15 seconds.
7. Critical Control Point: Hold at 135 °F or higher for hot service.

8. Serve 6 tots.

Notes

Our Story

The recipe challenge team at Bellingham Memorial Middle School began by brainstorming healthy menu items that would be well accepted by students. The team planned how to execute the contest's recipe development during an afterschool cooking class led by chefs from a Whole Foods Market. After a discussion on the value of healthy food and basic nutrition, the team divided into four groups and developed eight recipes.

The recipes were taste-tested by over 200 students and resulted in rave reviews. Two of these recipes, Tasty Tots and Mediterranean Quinoa Salad, became winning recipes featured in this cookbook.

Tasty Tots are a combination of sweet potatoes, garbanzo beans (chickpeas), and cinnamon that come together classically to form a unique, delicious side dish.

Bellingham Memorial Middle School

Bellingham, Massachusetts

School Team Members

School Nutrition Professional: Jeanne Sheridan, SNS

Chef: Rodney Poles (Whole Foods Market, partner chef from Chefs Move to Schools chefsmoveetoschools.org)

Community Members: Karen Ring (Healthy Eating Specialist, Whole Foods Market) and Lauren Marciszyn, RD, LDN (Youth and Community Wellness Director, YMCA)

Students: Dylan B., Elizabeth B., Taylin S., John G., and Nick D.

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

†The legumes in this recipe contribute to the other vegetable subgroup 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.

FACT: 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.

My Notes

Source: Recipes for Healthy Kids Cookbook for Schools

Nutrition Information

Nutrients	Amount	Meal Components
Calories	186	Vegetables
Total Fat	5 g	Red & Orange 3/8 cup
Saturated Fat	0 g	Other 3/8 cup
Cholesterol	0 mg	For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.
Sodium	381 mg	
Total Carbohydrate	32 g	
Dietary Fiber	6 g	
Total Sugars	5 g	
Added Sugars included	N/A	
Protein	5 g	
Vitamin D	0 IU	
Calcium	55 mg	
Iron	2 mg	
Potassium	499 mg	
N/A - data is not available		