Tasty Tots

Age: Preschool-age (3-4 years)

This activity helps your child's development in this domain: Cognitive, Language and Literacy

What You Need:

Ingredients:
5 cups sweet potatoes, peeled, coarsely grated
2 cups canned low-sodium garbanzo beans, with liquid, pureed in a blender
½ cup green onions, finely chopped
2 T vegetable oil
½ t salt
½ t granulated garlic
¼ t ground black pepper
½ t onion powder
¼ t ground cinnamon

What To Do:

1. Preheat oven to 350 degrees F.
2. Have your child place the grated potatoes on a large baking pan that was sprayed with a nonstick cooking spray. Bake at 350 for 20 minutes or until slightly tender. Do not overcook.
3. In a medium mixing bowl, have your child help add the grated potatoes, pureed garbanzo beans, green onions, vegetable oil, salt, garlic, pepper, onion powder, and cinnamon. Together, mix well. Cover and refrigerate for 40-45 minutes to make tots easier to form.
4. Preheat oven to 400 degrees F.
5. Using a spoon, scoop 36 tots. Talk about the shapes that you are making. Place them 1 inch apart on large baking sheet that was sprayed with nonstick cooking spray. Lightly flatten the tops of the tots with a spoon or a fork. Bake at 400 for 10-12 minutes or until lightly brown. Serve warm.
Adapted from: www.teamnutrition.usda.org