

# Tasty Tots

Meal Components: Red / Orange, Other

Side Dishes, I-23r

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
*Fresh sweet potatoes, peeled, coarsley shredded	6 lb	1 gal 1 qt	12 lb	2 gal 2 qt	<ol style="list-style-type: none"> <li>1. Spread shredded sweet potatoes evenly on a sheet pan (18" x 26" x 1") lightly coated with pan release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans.</li> <li>2. Bake sweet potatoes until slightly tender. DO NOT OVERCOOK. Conventional oven: 350 °F for 20 minutes Convection oven: 350 °F for 15 minutes</li> <li>3. Puree garbanzo beans, including the liquid, in a food processor to a smooth consistency. Yields: For 25 servings, about 1 qt 3 1/4 cups (3 lb 6 oz). For 50 servings, about 3 qt 2 1/2 cups (6 lb 12 oz).</li> <li>4. Combine sweet potatoes, pureed garbanzo beans, oil, salt, garlic, onions, pepper, onion powder, and cinnamon. Mix well. For 50 servings mix in enriched all-purpose flour to help bind the product.</li> </ol>
Canned low-sodium garbanzo beans (chickpeas), with liquid	3 lb 7 oz	2 qt 1 1/2 cups (1/2 No. 10 can)	6 lb 14 oz	1 gal 3 cups (1 No. 10 can)	
Vegetable oil		1/2 cup		1 cup	

Granulated garlic	2 tsp		1 Tbsp 1 tsp
*Fresh green onions, finely diced	3 oz	3/4 cup 2 Tbsp	6 oz 1 3/4 cup
Ground black pepper	1 tsp		2 tsp
Onion powder	2 tsp		1 Tbsp 1 tsp
Ground cinnamon	2 tsp		1 Tbsp 1 tsp
Enriched all-purpose flour		2 1/2 oz	1/2 cup

5. 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 25 servings, use 2 pans. Make 150 tots. For 50 servings, use 4 pans. Make 300 tots.

### **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](http://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.

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.

Marketing Guide		
Food as Purchased for	25 Servings	25 Servings
Sweet potatoes	9 lb 14 oz	19 lb 12 oz
Green onions	3 3/4 oz	7 1/2 oz

Serving	Yield	Volume
6 tots provides: 3/8 cup red/orange vegetable and 3/8 cup other vegetable.†	<b>25 Servings:</b> about 7 lb 5 oz	<b>25 Servings:</b> 150 tots
	<b>50 Servings:</b> about 14 lb 10 oz	<b>50 Servings:</b> 300 tots

Nutrients Per Serving					
Calories	186.22	Saturated Fat	0.41 g	Iron	1.52 mg
Protein	4.79 g	Cholesterol	0 mg	Calcium	55.16 mg
Carbohydrate	31.66 g	Vitamin A	15408.01 IU	Sodium	381.06 mg
Total Fat	4.92 g	Vitamin C	18.61 mg	Dietary Fiber	5.54 g