

Tasty Tots

Meal Components: Vegetable - Red / Orange, Vegetable - Other

Side Dishes, Snacks, 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"> 1. Spread shredded sweet potatoes evenly on a sheet pan (18" x 26" x 1") lightly coated with pan release spray. 2. Bake sweet potatoes until slightly tender. DO NOT OVERCOOK. 3. Puree garbanzo beans, including the liquid, in a food processor to a smooth consistency. 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. |
| 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 | |
| Salt | | 2 tsp | | 1 Tbsp 1 tsp | |
| 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 | |

Ground cinnamon

2 tsp

1 Tbsp 1 tsp

Enriched all-purpose flour

2 1/2 oz

1/2 cup

5. Cover tots on sheet pan with layer of parchment paper then use a second sheet pan and lightly press to flatten tots.
6. 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.
7. Bake until light brown:
8. Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
9. Critical Control Point: Hold at 135 °F or higher for hot service.
10. 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.

| 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.† | 25 Servings: about 7 lb 5 oz | 25 Servings: 150 tots |
| | 50 Servings: about 14 lb 10 oz | 50 Servings: 300 tots |

| Nutrients Per Serving | | | | | |
|-----------------------|------|---------------|----------|---------------|--------|
| Calories | 186 | Saturated Fat | Iron | 2 mg | |
| Protein | 5 g | Cholesterol | Calcium | 55 mg | |
| Carbohydrate | 32 g | Vitamin A | 15408 IU | Sodium | 381 mg |
| Total Fat | 5 g | Vitamin C | 19 mg | Dietary Fiber | 6 g |