POPULAR CHOICE WINNER
Recipes for Healthy Kids

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

Tasty Tots

BELLINGHAM MEMORIAL MIDDLE SCHOOL
Bellingham, Massachusetts

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 learned 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 to form a unique, delicious dish. This variation of a classic side dish is a yummy addition to any menu.

School Team Members

SCHOOL NUTRITION PROFESSIONAL
Jeanne Sheridan, SNS

CHEF
Rodney Poles (Whole Foods Market, partner chef from *Chefs Move to Schools* chefsmovetoschools.org)

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

STUDENTS
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Tasty Tots

Meal Components: Red/Orange Vegetable-Other Vegetable **Vegetables I-23r**

Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
*Fresh sweet potatoes, peeled, coarsely shredded	6 lb	1 gal 1 qt	12 lb	2 gal 2 qt	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. 2. Bake sweet potatoes until slightly tender. DO NOT OVERCOOK. Conventional oven: 350 °F for 20 minutes Convection oven: 350 °F for 15 minutes
Canned low-sodium garbanzo beans (chickpeas), with liquid	3 lb 7 oz	2 qt 1 ½ cups (½ No. 10 can)	6 lb 14 oz	1 gal 3 cups (1 No. 10 can)	3. Puree garbanzo beans, including the liquid, in a food processor to a smooth consistency. Yields: For 25 servings, about 1 qt 3 ¼ cups (3 lb 6 oz). For 50 servings, about 3 qt 2 ½ cups (6 lb 12 oz).
Vegetable oil		½ cup		1 cup	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. (Flour added as a processing aid does not contribute significantly to the nutrient analysis). Refrigerate at 40 °F for 40-50 minutes to make tots easier to form.
Salt		2 tsp		1 Tbsp 1 tsp	
Granulated garlic		2 tsp		1 Tbsp 1 tsp	
*Fresh green onions, finely diced	3 oz	¾ cup 2 Tbsp	6 oz	1 ¾ cups	
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	0	0	2 ½ oz	½ 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.

Tasty Tots

Meal Components: Red/Orange Vegetable-Other Vegetable **Vegetables I-23r**

Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
					6. Cover tots on sheet pan with layer of parchment paper then use a second sheet pan and lightly press to flatten tots. 7. Bake until light brown: Conventional oven: 400 °F for 12 minutes Convection oven: 400 °F for 9 minutes Critical Control Point: Heat to 140 °F or higher for at least 15 seconds. 8. Critical Control Point: Hold at 135 °F or higher for hot service. 9. Serve 6 tots.

Serving	Yield	Volume
6 tots provides: ⅜ cup red/orange vegetable and ⅜ cup other vegetable.† †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.	25 Servings: about 7 lb 5 oz	25 Servings: 150 tots
	50 Servings: about 14 lb 10 oz	50 Servings: 300 tots

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

Marketing Guide		
Food as Purchased for	**25 servings**	**50 servings**
Sweet potatoes	9 lb 14 oz	19 lb 12 oz
Green onions	3 ¾ oz	7 ½ oz

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 (772.01 RAE)	Sodium	381.06 mg
Total Fat	4.92 g	Vitamin C	18.61 mg	Dietary Fiber	5.54 g