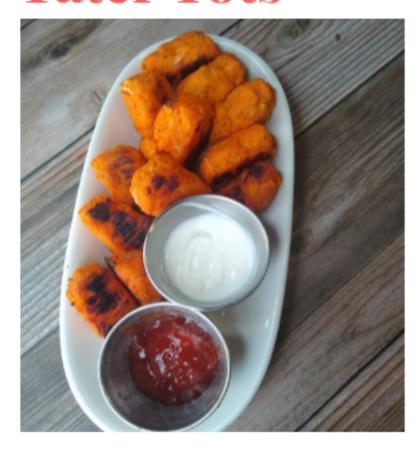


RECIPE developed by Heather Pease

Sweet Potato Tater Tots



Ready in 20 minutes

Tools:

- Bowl
- Knife
- Cutting board
- spoon
- Grater
- Foil or parchment paper
- Microwave
- Oven

Ingredients

- 2 clean and scrubbed sweet potatoes
- 1 tablespoon grated onion or onion powder
- 1/4 teaspoon salt
- ¼ teaspoon black pepper
- ¼ cup oil for parchment paper

Preparation

- Preheat oven to 400.
- Cut a cross in the top of the 2 sweet potatoes and microwave for 1-2 minutes until slightly soft
- Let sweet potatoes cool for 4 minutes, then peel off skin.
- Grate the soft sweet potato into a bowl and add onion and salt and pepper.
- Form small amounts into logs or "tots".
- 6. Place on oiled parchment and bake for 7-10 minutes. Remove and turn tots. Return to the oven for 7- 10 minutes. Let cool and serve with your favorite dip or just by themselves
- Make a double batch and freeze!