



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
- 1/4 teaspoon black pepper
- 1/4 cup oil for parchment paper

Preparation

1. Preheat oven to 400.
2. Cut a cross in the top of the 2 sweet potatoes and microwave for 1-2 minutes until slightly soft.
3. Let sweet potatoes cool for 4 minutes, then peel off skin.
4. Grate the soft sweet potato into a bowl and add onion and salt and pepper.
5. 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.
7. Make a double batch and freeze!