

Luke Hopson

Junior

Fruits/Vegetables

Newton County

Veggie Tots

2 cups shredded sweet potatoes

2 cups shredded zucchini

½ cup shredded red onion

1 teaspoon salt

¼ teaspoon black pepper

2 tablespoons coconut flour

1 egg

Non-stick cooking spray

Preheat the oven to 400 degrees Fahrenheit. Peel the sweet potatoes. Shred the sweet potatoes, zucchini, and red onion. Mix together with 1 teaspoon of salt. Leave vegetables covered for five minutes. Drain the excess water. Add ¼ teaspoon of black pepper, 2 tablespoons of coconut flour and 1 raw egg. Stir well. Scoop out 1 tablespoon at a time and shape like tater tots. Place 1 inch apart on a baking sheet sprayed with non-stick cooking spray.

Bake for 20 minutes.

Veggie tots are good served with ranch dressing. This recipe yields approximately 5 servings.