

SWEET POTATO TOTS



50 STATES
☆☆☆
50 PLATES

featuring

★ FRANKLIN BECKER ★

Paid spokesperson for Novo Nordisk.

INGREDIENTS

- ★ 1 large sweet potato, peeled and cut into 1-inch pieces (9 ounces)
- ★ ½ head cauliflower, cut into florets, (10 ounces)
- ★ ¼ teaspoon kosher salt, for sprinkling
- ★ 1 tablespoon coconut flour
- ★ ½ teaspoon paprika
- ★ ¼ teaspoon garlic powder
- ★ ¼ teaspoon ground Black pepper
- ★ Olive oil cooking spray
- ★ 2 tablespoons no-sugar ketchup, divided, for serving

DIRECTIONS

Preheat the oven to 400 degrees F and line a baking sheet with parchment paper.

In a small saucepan, cover the sweet potato with 1 inch water. Bring to a boil and cook until fork tender, 14 minutes. Drain sweet potato, transfer to a large bowl, mash with a fork until smooth and let cool.

Meanwhile, in a food processor or high-speed blender, process cauliflower until the size of grains of rice. Place in a microwave-safe bowl and cover with plastic wrap. Microwave until tender, 2 to 3 minutes. Transfer to a clean kitchen towel or piece of cheesecloth and wring out the excess moisture.

To the bowl with the sweet potato, add cauliflower, coconut flour, paprika, garlic powder and black pepper. Stir to combine.

Lightly spray parchment with cooking spray. Using a tablespoon measure, form the tots into 1" pieces and arrange in a single layer on a baking sheet. Lightly spray with olive oil, sprinkle with ¼ teaspoon salt and bake for 20 minutes. Remove tray from oven and using a spatula, flip tots. Return to the oven and bake until browned and crisp, an additional 20 minutes.

Divide tots among plates and serve with no-sugar ketchup.

Serving Size and Nutritional Information:

Serves 4 (Serving Size 5 Tots = 161g)
80 Calories Per Serving, 0.5g Total Fat,
17g Total Carbohydrates, 3g Protein

Estimated nutrition information is provided as a courtesy. Data gathered via a registered nutritionist. We strive to make this information as accurate as possible; however, Novo Nordisk makes no warranties regarding its accuracy.



Want more recipes? Download more delicious, type 2 diabetes-friendly recipes at [MyType2Transformation.com](https://www.MyType2Transformation.com).



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