



Tot-chos



1/4th of recipe (about 7 tots): 184 calories, 8g total fat (2g sat fat), 650mg sodium, 21.5g carbs, 6.5g fiber, 4g sugars, 5.5g protein

Freestyle™ [SmartPoints®](#) value 6*

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Tagged: [Lunch & Dinner Recipes](#), [Meatless Recipes](#), [Four or More Servings](#)

Ingredients

One 16-oz. bag [Green Giant® Cauliflower Veggie Tots](#)
1/3 cup shredded reduced-fat Mexican-blend cheese
2 tablespoons seeded and chopped jalapeño peppers
1/4 cup salsa
2 tablespoons light sour cream
2 tablespoons chopped scallions

Directions

Preheat oven to 425 degrees. Spray a baking sheet with nonstick spray.

Place Veggie Tots on the sheet, and bake until golden and crisp, 12 - 14 minutes.

Arrange tots on the center of the sheet, so they are touching. Sprinkle with cheese, and top with jalapeño peppers.

Bake until cheese has melted, about 3 minutes.

Serve topped with salsa, sour cream, and scallions.

MAKES 4 SERVINGS

[SmartPoints®](#) value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints®](#) values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints®](#) values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints®](#) trademark.