



# Pizza-fied Veggie Tots



***Developed by Hungry Girl; brought to you by [Green Giant](#).***

1/4th of recipe (about 7 tots): 195 calories, 8g total fat (2g sat. fat), 691mg sodium, 23g carbs, 7.5g fiber, 4g sugars, 6.5g protein

**Prep:** 5 minutes    **Cook:** 20 minutes



## Ingredients

- One 16-oz. bag [Green Giant Cauliflower Veggie Tots](#)
- 1/2 cup canned crushed tomatoes
- 1/2 tsp. garlic powder
- 1/2 tsp. onion powder
- 1/2 tsp. Italian seasoning
- 1/3 cup shredded part-skim mozzarella cheese
- 1/2 oz. (about 8 pieces) turkey pepperoni, chopped
- Optional toppings: chopped fresh basil, fresh oregano

## 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.

Meanwhile, in a medium bowl, stir seasonings into crushed tomatoes.

Closely arrange tots on the center of the sheet. Evenly top with sauce, cheese, and chopped pepperoni.

Bake until cheese has melted, about 3 minutes.

### MAKES 4 SERVINGS

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

\*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.