



Classic 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



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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

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