

**PREP TIME:**

10 minutes

COOK TIME:

30 minutes

TATER-TOTS & CHICKEN BITES

By Chef Darian Bryan

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Ingredients

Ingredients for tater tots:

- 1 ¾ cups broccoli florets
- 2 cups sweet potatoes, peeled and cubed
- ½ cup parmesan cheese

Ingredients for chicken bites:

- 1 lb. ground chicken
- 2 tsp. garlic powder
- 3 Tbsp. finely chopped parsley (optional)
- ½ Cup wheat breadcrumbs



Directions

1. Boil broccoli and sweet potatoes in a medium pot over medium-high heat until soft.
2. Preheat oven to 350F, spray baking sheet with cooking spray.
3. Drain potatoes and broccoli and place them into a bowl. Mash once cooled with a fork or potato masher. Add cheese and mix well.
4. Scoop a tablespoon and form into a tot like shape and place onto baking sheet.
5. In a medium bowl, combine ground chicken garlic powder, freshly chopped parsley.
6. In another small bowl, combine breadcrumbs with parsley.
7. Scoop out 1 Tbsp. ground chicken and drop it in the seasoned breadcrumbs. Coat evenly and flatten on a sprayed baking sheet.
8. Bake tater tots and chicken bites for 20-30 minutes or until 165F.

Kitchen Items

- oven
- baking sheet
- medium pot
- mixing bowl and spoon
- measuring cups and spoons
- kid safe knife
- fork or potato masher

GROCERY LIST

Fruits & Vegetables

- ☐ Broccoli
- ☐ Sweet potato
- ☐ Parsley
- ☐
- ☐
- ☐
- ☐
- ☐

Dairy & Eggs

- ☐ Parmesan cheese, shredded
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Meats & Seafood

- ☐ 1 lb. Ground chicken
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Pantry Items

- ☐ Garlic powder
- ☐ Wheat breadcrumbs
- ☐ Cooking spray
- ☐
- ☐
- ☐
- ☐
- ☐