

Totchos

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What are Totchos? Think Tater Tots meets Nachos. Although this may not be the healthiest food choice it is a fun food and flavorful and we need to enjoy ourselves at times. Tater Tots have about 160 calories for 10 pieces and about 7 grams of fat. It is not that unhealthy in the scheme of things. We will look at some healthier toppings as well.

There really is no recipe for Totchos, you can make it whatever you want to by adding a variety of toppings.

Meat Toppings

- ☐ Ground Sausage Meat
- ☐ Ground Beef
- ☐ Bacon (cooked)
- ☐ Pepperoni
- ☐ Buffalo Chicken
- ☐ Chicken (shredded/cubed)
- ☐ Taco Seasoned Meat

Cooked Toppings

- ☐ Fried Onions
- ☐ Refried Beans
- ☐ Scrambled Eggs
- ☐ Peppers

Fresh Toppings

- ☐ Black Olives
- ☐ Roasted Red Peppers
- ☐ Scallions
- ☐ Cilantro
- ☐ Jalapenos
- ☐ Tomatoes
- ☐ Avocado
- ☐ Salsa

Cheeses

- ☐ any type that you like (cheddar melts nicely)

Sauces

- ☐ Squeeze of Ketchup or Mayo
- ☐ Yum Yum Sauce
- ☐ Sriracha Sauce
- ☐ Balsamic Vinegar
- ☐ Ranch dressing

Directions

Step 1.

Follow the recipe for baking tater tots on a cookie sheet. Turning them over halfway.

Step 2.

Take them out and add the fully cooked meat and cheese toppings and any other toppings and put it back in the oven until the cheese is all melted.

Step 3.

Take out of the oven and add any fresh toppings that you want to add. Finally top with a drizzle of sauce and enjoy.

Cooking Notes

You can make this dish into anything you want to. I hope that you enjoy making Totchos and sharing your recipes with your friends. It is a simple and delicious meal.

Healthier Toppings

- ☐ Ground Chicken
- ☐ Low Fat Cheese
- ☐ More Veggies
- ☐ Low Fat Dressings
- ☐ Portion Control