



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

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