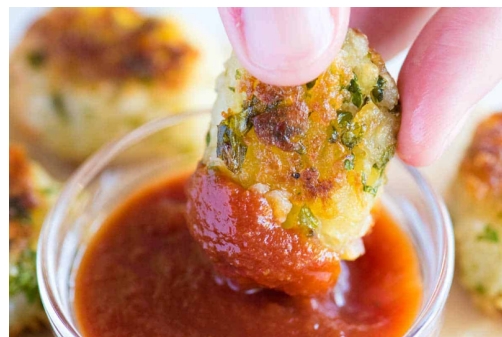


Easy Homemade Tater Tots

PREP 25min COOK 20min TOTAL 45min

Skip buying that bag of store-bought tater tots and make this homemade tater tot recipe. We bake the tots instead of frying them to keep things easy and a bit healthier. A microwave and food processor makes quick work of the potatoes. Shaping the mixture can be tricky, but with a bowl of cold water next to you, you'll quickly get the hang of it (see our notes in the recipe).



Makes 6 servings or 24 tater tots

YOU WILL NEED

- 1 ½ pounds russet potatoes, peeled, 2 medium-to-large potatoes
- 2 tablespoons light flavored oil, like avocado or vegetable oil
- 1 tablespoon cornstarch
- ¾ teaspoon fine sea salt
- ½ teaspoon onion powder
- ⅓ cup (28g) finely grated cheddar cheese
- 2 tablespoons finely minced parsley, optional
- Fresh ground black pepper

DIRECTIONS

Preheat the oven to **400°F** (204°C). If you have a convection setting, use it.

Line a baking sheet with aluminum foil, a silicone baking mat, or parchment paper. Drizzle with 1 tablespoon of the oil.

Prepare a large bowl of cold water.

Peel the potatoes, and then cut them into 1-inch chunks. Immediately place them into the bowl of cold water.

When you have added all of the potatoes to the water, move them around to agitate them for about 15 seconds.

Drain the potatoes in a colander for 1 minute, then place them into the bowl of a food processor.

Pulse the food processor until the potatoes are broken down into small bits (see video for reference). Empty the bowl into a clean dishcloth. Repeat with the remaining potatoes.

Wrap the dishcloth around the potato bits and squeeze to wring out as much liquid as possible. Discard the liquid, and transfer the potatoes to a medium microwave-safe bowl.

Microwave the potatoes for 1 minute, stir, and then microwave for 30 seconds more. Stir the potatoes again (they might be a little sticky), then let them cool for 3 to 4 minutes.

Sprinkle the salt, onion powder, cornstarch, parsley, cheese, and a few grinds of black pepper over the potatoes. Gently stir to combine. The mixture will be sticky (a rubber spatula or fork works well).

Shape the mixture into cylinders about ¾-inch wide and 1-inch long. Place shaped tater tots onto the oiled baking sheet. The mixture will be a bit sticky. Slightly damp hands help.

Drizzle the tops of tater tots with the remaining oil, then bake until golden brown on the bottom, about 12 minutes.

Carefully flip each tater tot, using two forks to wiggle any more stuck than others. Then bake until the second side is golden brown, another 12 to 15 minutes.

ADAM AND JOANNE'S TIPS

- **Processing the potatoes:** Don't overprocess them (they will turn gummy). If a few large chunks of potatoes remain, remove them and chop them into small pieces with a knife.
- **Shaping:** Keep a small bowl of water nearby. Occasionally wetting your fingers keeps the mixture from sticking to them and makes shaping easier. Pressing the potatoes into a tablespoon measure helps portion out each tater tot.

- **Make ahead:** To freeze the tots, follow the recipe through shaping, then continue baking. Instead of baking until both sides are golden brown, underbake them slightly. Transfer to a large plate in a single layer and place in the freezer for at least an hour. Transfer the frozen tots to a freezer-safe bag and store them for up to 3 months. To reheat, heat the oven to 400°F and bake until golden brown.
- **Microwave alternative:** If you do not have a microwave, simmer the potatoes until parboiled, about 6 minutes. Drain well and let cool. Once cooled, chop into 1-inch chunks, add them to a food processor, and continue with our recipe as written.
- **Food processor alternative:** If you do not have a food processor, use a box grater to grate the potatoes, then continue with our recipe as written. The texture will be slightly different inside the tots, but they will still taste great!
- **Air fryer:** You can make these tater tots in an air fryer (see our video for proof). We air fry between 375°F and 390°F for 10 to 15 minutes. You might find that you need to cook them in two batches.
- The nutrition facts provided below are estimates.

NUTRITION PER SERVING: Serving Size 4 tater tots / Calories 152 / Protein 3 g / Carbohydrate 21 g / Dietary Fiber 3 g / Total Sugars 1 g / Total Fat 6 g / Saturated Fat 2 g / Cholesterol 5 mg

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The full recipe post can be found on Inspired Taste here:
<https://www.inspiredtaste.net/28671/homemade-tater-tots/>