J. Cheesy Broccoli and Ranch Smashed Potatoes

**Ingredients**
- 3 medium potatoes
- 1¼ cups of frozen broccoli florets
- ¾ cup of low-fat cheddar cheese
- 6 tablespoons of low-fat ranch dressing
- ¾ cup of low-fat milk
- Salt and pepper to taste
- Optional: Extra cheese for a topping

**Kitchen math and science**
1. Which measurement is closest to 8 tablespoons (circle one)?
   - ¼ cup
   - ½ cup
   - 1 cup
2. This recipe can be adapted for as many people as you want to feed. The formula: For every 2 people, add:
   - 1 medium potato
   - 1 cup of frozen broccoli
   - 1 cup of cheese
   - 1 cup of milk
   - 2 tablespoons of ranch dressing
   Using that formula, how much broccoli would you need for 8 people? _______________
3. If you add the prep and cook time together, how long would it take to make this recipe? _______________
4. Which vitamin has the largest percentage of the daily value for this recipe? _______________

**How the children can help:** Scrub the potatoes, measure and pour the ingredients, and mash and stir the mixture.

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