

J. Cheesy Broccoli and Ranch Smashed Potatoes



Prep time: 10 minutes
Cook time: 12 minutes
Serves: 8
Serving Size: 1/2 cup

Utensils needed
 Scrubber
 Measuring cup
 Measuring spoon
 Large microwave-safe dish with lid
 Towel or oven-safe gloves
 Potato masher
 Mixing spoon
 Microwave

Nutrition Facts	
Serving Size 1/2 cup Servings Per Container 6	
Amount Per Serving	
Calories 180	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 410mg	17%
Total Carbohydrate 27g	9%
Dietary Fiber 4g	16%
Sugars 4g	
Protein 8g	
Vitamin A 10%	• Vitamin C 70%
Calcium 15%	• Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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Ingredients

- 3 medium potatoes
- 1 1/2 cups of frozen broccoli florets
- 3/4 cup of low-fat cheddar cheese
- 6 tablespoons of low-fat ranch dressing
- 3/4 cup of low-fat milk
- Salt and pepper to taste
- Optional: Extra cheese for a topping

Directions

1. Wash your hands and clean your cooking area.
 2. Scrub the potatoes.
 3. Place the whole potatoes in a large microwave-safe dish.
 4. Add the frozen broccoli on top.
 5. Completely cover the bowl with a microwave-safe lid.
 6. Microwave on high 12 minutes, or until the potatoes are tender.
 7. Use a towel or oven-safe gloves to carefully take off the lid and remove the dish from the microwave. (Be very careful to avoid the steam.)
 8. Use a potato masher to break up the potatoes and broccoli.
 9. Stir in the cheese, ranch dressing, and milk.
 10. Taste the dish and then add salt and pepper as needed.
- II. As an option, you can sprinkle cheese on top of the potato mixture.

Kitchen math and science

1. Which measurement is closest to 8 tablespoons (circle one)?
 1/4 cup 1/2 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 + 1/2 cup of frozen broccoli + 1/4 cup of cheese + 1/4 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