



Healthy Food, Healthy Families
EFNEP
 EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM

Crispy Potato Veggies

12 servings



- 6 c. fresh vegetables (broccoli, cauliflower, carrot slices, zucchini spears, strips green, yellow or red peppers)
- 1½ c. instant mashed potatoes (dry)
- ¼ c. grated Parmesan cheese
- 1 t. garlic powder
- 1 pkg. ranch dressing mix (dry)
- water or milk to moisten vegetables

1. Heat oven to 400° F. Spray cookie sheet with cooking oil.
2. Prepare vegetables.
3. Mix in a small bowl: instant potatoes, cheese, garlic and dressing mix.
4. Put water or milk in shallow dish.
5. Put about ½ cup of vegetables in the water or milk. Remove vegetables, 1 piece at a time. Roll vegetables in potato mixture until coated. Put vegetables on prepared cookie sheet.
6. Bake 10 to 12 minutes or until light brown. Immediately remove vegetables from cookie sheet with spatula to serving plate.

Nutrition Facts	
Serving Size (80g)	
Servings Per Container 12	
Amount Per Serving	
Calories 120	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 26g	9%
Dietary Fiber 3g	11%
Sugars 2g	
Protein 3g	
Vitamin A 40%	Vitamin C 70%
Calcium 4%	Iron 2%



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