

Sour Cream Hot Potatoes

Like a baked potato with sour cream - only better!

12 servings

Ingredients:

- 32-ounce package frozen hash brown potatoes
- 12-ounces fat-free sour cream
- 8-ounces shredded cheddar cheese (2 cups)
- 1 10-ounce can condensed cream of chicken soup
- 1/2 cup diced onion
- 1/2 cup crushed cornflakes

Directions:

1. Preheat oven to 350 degrees
2. Combine all ingredients, except cornflakes, in a large bowl.
3. Spread mixture in a 9 x 13 inch pan sprayed with cooking spray.
4. Sprinkle crushed cornflakes over top.
5. Cover with foil and bake for 40 minutes. Uncover and continue baking for 20 minutes.

Nutrition Facts: One 1/2 cup serving provides 200 calories, 8g total fat, 25mg cholesterol, 390mg sodium, 25g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension
Family Nutrition Program

Kids a Cookin'

www.kidsacookin.ksu.edu

Chef's Choice
Sour Cream Potatoes
Slice of Ham
Mixed Vegetables
Milk

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