

# Baked Potato with Cheesy Vegetables

Creamy cheese sauce - yum!



Level: Medium

Serves 8

## Kid's Tool Kit

Sauce pan

Strainer

Measuring spoons

Measuring cups

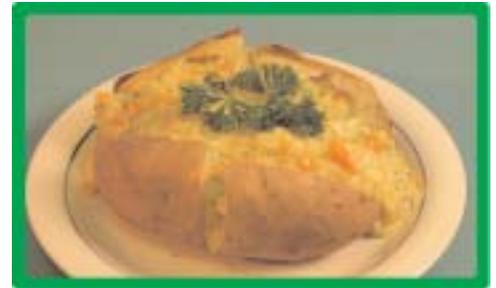
Spoon

Grater

Knife

Cutting board

Hot Pad



## Ingredients:

- 2 cups chopped broccoli
- 1 cup chopped onion
- 1 cup finely chopped carrots
- 2 tablespoons margarine
- 2 tablespoons flour
- 1½ cups low fat milk
- 1 cup shredded cheddar cheese
- 8 baked potatoes



## Directions:

**Remember to wash your hands!**

1. Cook broccoli, onion and carrots in a small amount of water until tender. Drain and set aside.
2. In a saucepan, melt margarine and stir in flour.
3. Slowly add milk while stirring.
4. Continue stirring and cook until sauce thickens.
5. Add cheese and stir until melted.
6. Add vegetables.
7. Serve over hot baked potatoes.

## Chef's Choice

Baked Potato with  
Cheesy Vegetables  
Barbecue Beef  
Milk

## Nutrition Facts

Serving Size baked potatoe with cheesy topping (292g)  
Servings Per Container 8

Amount Per Serving

Calories 310 Calories from Fat 70

% Daily Value\*

Total Fat 8g 12%

Saturated Fat 3.5g 18%

Cholesterol 15mg 5%

Sodium 170mg 7%

Total Carbohydrate 52g 17%

Dietary Fiber 6g 22%

Sugars 8g

**Protein 10g**

Vitamin A 110% Vitamin C 70%

Calcium 20% Iron 15%

\*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



**Helpful Hints:** Cheddar cheese is called for in this recipe, but other varieties will work fine. Maybe you have processed cheese on hand? It makes a smooth sauce. Or, perhaps you have a package of Swiss cheese slices. They will also make a tasty sauce. When it comes to veggies, cheese is considered by most kids to be a very good thing. Just don't expect this sauce to look like that bright, neon orange stuff that comes out of a box!



**Safety Tip:** Baked potatoes are quick and easy to cook in a microwave oven. Be sure to poke the skin of the potato after washing to prevent it from exploding while it bakes. Leftover baked potatoes need to be refrigerated to keep them safe to eat. For quick cooling, cut potatoes into quarters before refrigerating. If you bake potatoes in foil in a regular oven, be sure to remove the foil before refrigerating leftover potatoes.

For more information about this and other fun recipes: contact your county extension office or visit the Web site at [www.kidsacookin.ksu.edu](http://www.kidsacookin.ksu.edu), or e-mail [kidsacookin@ksu.edu](mailto:kidsacookin@ksu.edu).