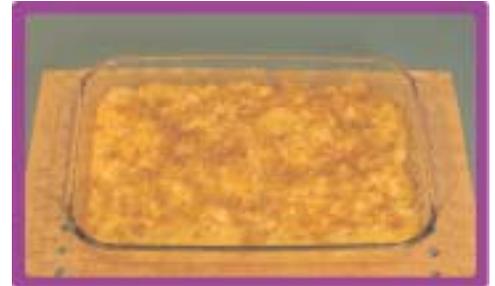


Sour Cream Hot Potatoes

Like a baked potato with sour cream — only better! These delicious potatoes are easy to make and certain to become a family favorite.

 **Level:** Medium

Serves 12-¹/₂ cup servings



Kids' Tool Kit

9X13- inch pan
Can opener
Large mixing bowl
Measuring cups
Rubber spatula



Ingredients:

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



Directions:

Remember to wash your hands!

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 more.

Chef's Choice

Sour Cream Potatoes
Slice of ham
Mixed vegetables
Milk

Nutrition Facts

Serving Size 1/2 cup (165g)
Servings Per Container 12

Amount Per Serving

Calories 200 **Calories from Fat** 70

% Daily Value*

Total Fat 8g **13%**

Saturated Fat 4.5g **23%**

Cholesterol 25mg **8%**

Sodium 390mg **16%**

Total Carbohydrate 25g **8%**

Dietary Fiber 2g **8%**

Sugars 4g

Protein 9g

Vitamin A 10% • Vitamin C 4%

Calcium 20% • Iron 4%

*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: These potatoes can be made with regular or low fat sour cream, but by using the fat free sour cream, you can save many calories per serving and still enjoy the same delicious, creamy flavor. It's an easy and painless way to lower fat in a meal while highlighting flavor and variety!



Safety Tip: These potatoes make great leftovers. As with any leftover, the important point to remember is to get them hot enough to kill any harmful bacteria in the food. Reheat this dish (and all leftovers) to 165 degrees before serving again. Then enjoy, knowing your leftovers are safe as well as delicious.

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