

Baked Potato with Cheesy Vegetables

Creamy cheese sauce - yum!

8 - 1/2 cup servings

Ingredients:

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

Directions:

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.

Nutrition Facts: One serving provides 310 calories, 8g total fat, 15mg cholesterol, 170mg sodium, 52g 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



www.kidsacookin.ksu.edu

Chef's Choice
Baked Potato with
Cheesy vegetables
Barbecue Beef
Milk

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