



## Fun with Food

### Potato Faces

Makes one potato face

#### Ingredients:

½ medium baked potato (either russet potato or sweet potato)

Make a face from these:

Sprouts, broccoli crowns, olives, corn, peas, shredded low fat cheese, cherry tomatoes

#### Directions:

1. Wash the potato and pierce to allow steam to escape.
2. Preheat oven to 350 degrees.



3. Bake potato in oven on rack or cookie sheet.

4. Bake for 60 minutes. (To test for doneness, squeeze with an oven mitt. Potatoes should give easily.)

5. Let cool slightly before adding veggies for face. Enjoy!

#### Nutrition Facts:

One potato face and veggies: Calories 190, Calories from Fat 20, Total Fat 2.5 g, Saturated Fat 1.5 g, Trans Fat 0 g, Sodium 220 mg, Carbohydrates 32 g, Total Dietary Fiber 4 g, Sugar 2 g, Calcium 15%, Iron 6%

Recipe from Kids-a-Cookin'

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