

## This Weeks Session Information:



## This Weeks Featured Recipe:



### Cheesy Broccoli and Ranch Smashed Potatoes

Recipe for 8 from Learn, Go, Eat Grow

#### Ingredients: Prep time 10 minutes

- 3 medium potatoes
- 1 1/2 cups of frozen broccoli florets
- 3/4 cup of low-fat cheddar cheese
- 6 tablespoons of low-fat ranch dressing
- 3/4 cup of low-fat milk
- Salt and pepper to taste
- Optional: extra cheese as a topping

#### Directions: Cook time 12 minutes

1. Wash your hands and clean your cooking area
2. Scrub the potatoes
3. Place the potatoes in a microwave safe dish
4. Add frozen broccoli on top
5. Completely cover bowl with microwave safe top
6. Microwave on high for 12 minutes or until potatoes are tender
7. Use a towel or oven safe gloves to remove lid and dish from microwave
8. Use a potato masher to break up the potatoes and broccoli
9. Stir in the cheese, ranch dressing, and milk
10. Taste the dish and then add salt and pepper if needed
11. As an option, you can sprinkle cheese on top of the mixture

## This Weeks Theme:



## Mindful Eating!

### What is mindful eating?

Mindful eating is all about getting to know our food better; what it looks like, smells like, feels like, and of course tastes like!

### Why should you practice mindful eating?



By eating mindfully, we can slow down to notice what we are eating and how it makes us feel!

### How can you practice mindful eating?

The next time you eat an apple or any fresh food, try using your senses to describe it. What color is your food? What does your food sound like? How does your food feel? And finally, how does your food taste?



**By using these techniques, we can learn to appreciate new foods and find new things to love about our favorite foods!**

### Read about it!

*No Ordinary Apple: A Story About Eating Mindfully*  
by Sara Marlowe

On an otherwise ordinary day, Elliot discovers something extraordinary: the power of mindfulness. When he asks his neighbor Carmen for a snack, he's at first disappointed when she hands him an apple - he wanted candy! But when encouraged to carefully and attentively look, feel, smell, taste, and even listen to the apple, Elliot discovers that this apple is not ordinary at all.



# At Home Fun: Kitchen Math and Science!

Which measurement is closest to 8 tablespoons?

1/4 cup    1/2 cup    1 cup

This recipe can be adapted for as many people as you want to feed. The formula: for every 2 people add:

*1 medium potato + 1/2 cup of frozen broccoli + 1/4 cup of cheese + 1/4 cup of milk + 2 tablespoons of ranch dressing*

Using that formula, how much broccoli would you need for 8 people?

Which vitamin has the largest percentage of the daily value for this recipe?



If you add the prep and cook time together, how long would it take to make this recipe?

## Nutrition Facts

Serving Size 1/2 cup  
Servings Per Container 6

### Amount Per Serving

**Calories 180**    **Calories from Fat 50**

|                               | % Daily Value* |
|-------------------------------|----------------|
| <b>Total Fat 6g</b>           | <b>9%</b>      |
| Saturated Fat 1.5g            | 8%             |
| Trans Fat 0g                  |                |
| <b>Cholesterol 10mg</b>       | <b>3%</b>      |
| <b>Sodium 410mg</b>           | <b>17%</b>     |
| <b>Total Carbohydrate 27g</b> | <b>9%</b>      |
| Dietary Fiber 4g              | 16%            |
| Sugars 4g                     |                |

### Protein 8g

Vitamin A 10%    • Vitamin C 70%  
Calcium 15%    • Iron 6%

\*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

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