

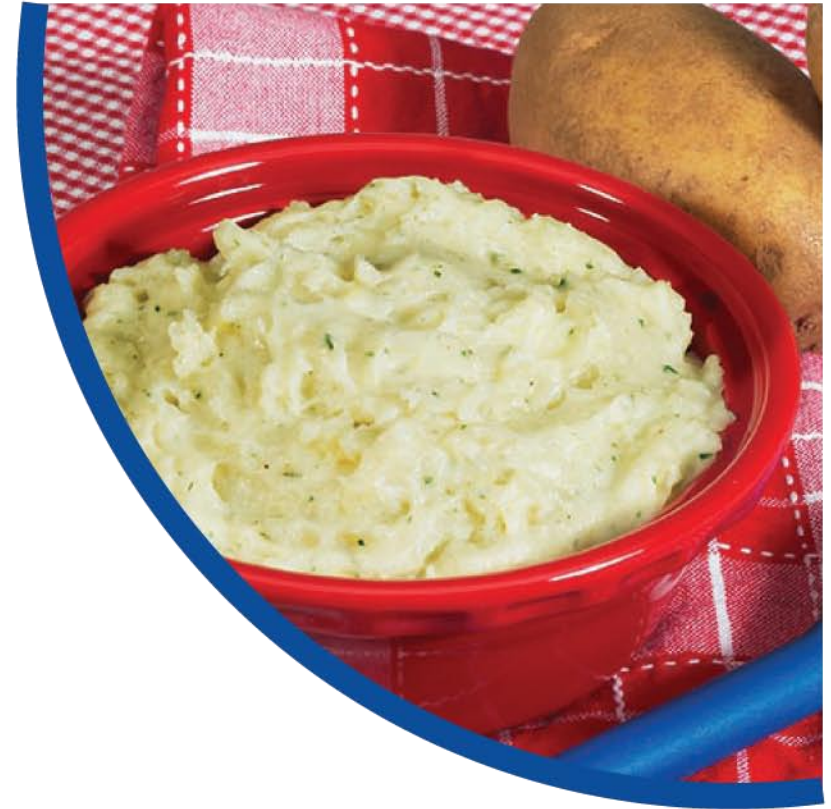
## Russet Potatoes Buttermilk Smashin' Up Potatoes

3 large or 4 medium russet potatoes-  
peeled and cut in half and quarters  
1 package buttermilk dressing mix

2 tablespoons butter  
1/3 cup milk

In medium sauce pan, add potatoes and rinse twice. After rinsing, add enough water to just cover the potatoes. Place on stove top on medium high heat. Bring to boil; turn down to medium low and simmer for 20-25 minutes. When potatoes are tender remove from stove top and drain; being careful as steam will be hot. Add dressing mix, butter and milk. Mash potatoes until will blended and serve.

Serves 4.



Have your parent cut out the recipe on the dotted line.



### SPACE MAZE

Help Buzz Lightyear race to the Oranges.







One medium-sized apple gives you **more fiber** than a serving of oatmeal.\*



Help the Alien search for the Apples.



Oranges contain **carotene**. This is what makes them orange!\*