

Eat Your Veggies: Making Mealtime Healthy AND Fun

Baked Potato Faces

Ingredients

- Sweet potato and/or russet potato
- Olive oil
- Salt
- Ground black pepper
- Cashews, soaked in water overnight
- Nutritional yeast
- Garlic clove, peeled
- Lemon juice
- Broccoli floret tops, shaved into small pieces



1. Peel sweet potato and/or russet potatoes.
2. Slice into 1/8 inch thick rounds.
3. Arrange on baking sheet, drizzle with olive oil, salt and pepper (if using), toss to coat then lay flat in single layer.
4. Bake at 425°F for 10 minutes, turn slices and bake for 10 minutes more until potatoes are lightly browned and tender in the middle. Russet potatoes may take a few minutes longer than sweet potatoes.
5. Meanwhile, blend cashews, yeast, garlic, lemon juice, salt, and pepper in blender on high until smooth and creamy.
6. When potatoes are baked, decorate with cashew-cheese sauce and broccoli.

Peanut Sauce

Ingredients

- Peanut butter
- Soy sauce
- Rice vinegar or apple cider vinegar
- Garlic clove, peeled and chopped
- Ground ginger
- Water

1. Whisk all ingredients together in a small mixing bowl.
2. Adjust seasoning as needed.
3. Serve immediately, or refrigerate for later use.

