



INGREDIENTS

- 4 Cups Yukon Potatoes (julienned)
- 4 Teaspoons Cloves Garlic (grated)
- 1½ Teaspoons Salt (or to taste)
- 4 Tablespoons Vegetable Oil
- 1 Teaspoon Coarsely Ground Sichuan Peppercorn (or substitute with Black Pepper and Coriander)
- 4 Tablespoons Dried Chili Peppers (broken into 2 to 3 pieces; remove seeds for a less spicy taste)

DIRECTIONS

1. Bring a medium pot of water to a boil, add potato, then boil until the potato is cooked through, but still crisp, 1 to 2 minutes. Taste along the process, and stop cooking as soon as the potatoes turn tender but are still crisp.
2. Drain potato and rinse with cold water, to remove the starch and maintain a firm texture. Drain and transfer potato to a large bowl. Pat dry with paper towels to remove any excess water.
3. Add garlic to potato, and sprinkle salt on top.
4. Heat oil over medium heat in a small pan. When the oil is hot but not smoking hot, add ground peppercorn and chili pepper, stir a few times to release fragrance.
5. Then immediately pour the hot oil over the garlic on the potato, and use two pairs of chopsticks to mix everything together to coat the potato evenly with oil and salt when the oil is still hot.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Snack

YIELD

4 Cups

PORTION SIZES

Toddler: ½ Cup

Preschool: ½ Cup

School Age: ¾ Cup

Adult: ½ Cup