



INGREDIENTS

- 6 Cups Potatoes
(diced into ½" pieces)
- 1 Cup Carrots
(diced into ½" pieces)
- 1 Cup Peas (fresh or frozen)
- 1 Cup Corn (frozen)
- 2 Tablespoons Green Onion
(finely chopped)
- 4 Tablespoons Mayonnaise
- 4 Tablespoons Sour Cream
- 2 Tablespoons Vinegar
- 2 Teaspoons Salt
- 2 Teaspoons Pepper

DIRECTIONS

1. Defrost any frozen vegetables.
2. Fill a large pot with water and bring it to a rolling boil. Add the diced potatoes and carrots first. Let them boil for about 10-15 minutes.
3. Add the peas and corn to the pot in the last few minutes.
4. Once everything is tender, carefully drain the vegetables and let them cool down.
5. Mix the wet ingredients and spices to create a creamy sauce.
6. Add the potatoes and vegetables into the sauce.
7. Gently fold all ingredients together, and finish with salt.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Snack

YIELD

9 Cups

PORTION SIZES

Toddler: ½ Cup

Preschool: ½ Cup

School Age: ¾ Cup

Adult: ½ Cup