



## Fruits & Veggies



### **Emily's Mom's Red Skin Garlic Mashed Potatoes**

**Ingredients:** 4-6 med. Red skin potatoes. Skins on., 1 tablespoon roasted minced garlic, 6oz. cream cheese, 1oz. parmesan cheese, ¼ to ½ cup milk cream

**Directions:** Boil red skins until fork tender. Drain, and return to low heat, until all moisture is boiled away. Mash with potatoes masher. Add salt garlic, and cheeses. Add milk if dry, or to a creamy consistency

**Special notes:** if desired add cheddar

### **Spencer's Fried Potatoes**

**Ingredients:** 3-4 potatoes ¼ cup oil, approximately 1 onion, chopped 2 cloves garlic, chopped ½ pound fresh mushrooms, unsliced (sliced, canned mushrooms can be substituted, if r be) ¼ cup hulled sunflower seeds salt and pepper

**Directions:** Heat oil, add potatoes that have been washed and thinly slice. Cook for 10-15 minutes, the mushrooms, onions, garlic, and sunflower seeds. Salt and pepper to taste. Cover and cook done, uncover and brown.

### **Shane's Mom's Fruit Dip**

**Ingredients:** 3 oz of instant vanilla pudding, 6 oz of vanilla yogurt, small bowl of cool whip.

**Directions:** Mix all the ingredients together and refrigerate until serving time.

**Special notes:** Goes great with strawberries, pineapple, and kiwi.