

Potatoes



One of the most versatile and commonly eaten vegetable in America is the potato. Each person eats an average of 125lbs a year! Varieties that can be grown in Florida include the LaChipper, Sebago, and Yukon Gold. They are a special kind of a vegetable called a tuber which grows underground. This is why a potato itself is used as the seed. Potatoes are rich in Magnesium, fiber, and Vitamins C and B6. They even contain more potassium than a banana!

Winter Indoor Activities

Bears and other animals hibernate during the winter months but that doesn't mean we need to! Being physically active is a great way to stay healthy and it helps you feel energized and happy! Here are a few ideas for activities you can do when it feels too cold to go outside. You could have a snowball fight with crumpled up balls of paper, make an indoor obstacle course, jump rope, scavenger hunt, or even have a dance party.

Above all else have fun and be safe!

Ingredients:

6 small potatoes
1/4 cup olive oil
1 1/2 teaspoons salt
1/2 teaspoon garlic powder
1/4 teaspoon black pepper
1/4 teaspoon onion powder

Easy Oven Roasted Potatoes

Instructions:

Preheat the oven to 450 degrees
Clean and cut the potatoes into 1/2"-1" cubes.
In a large bowl, toss the potatoes with the oil and spices.
Spray a shallow baking pan with cooking spray. Spread the potatoes in the bottom of the prepared baking pan.
Bake at 450 degrees for 25-30 minutes, or until potatoes are tender. Stir the potatoes once after about 15 minutes of baking so they brown on all sides.
Serve immediately.

<https://www.tastesoflizzyt.com/easy-oven-roasted-potatoes-recipe/>